



Meeting 7

I Can Make
Wise Choices



Here are three fun ways to help your Sunbeams learn to make wise choices. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirement for My Self II: I Can Make Wise Choices. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

Reading Circle

15

MINUTES

MATERIALS NEEDED

- *Jamaica's Find* by Juanita Havill (Houghton Mifflin Harcourt, 1987), also available in Spanish, or a book of your choice

WHAT YOU DO

Have the children sit on the floor in a semi-circle around you. Make sure they can all see the book. Begin by asking them what a choice is. Then ask them for examples of good choices and bad choices.

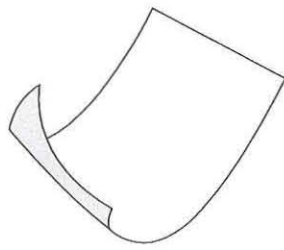
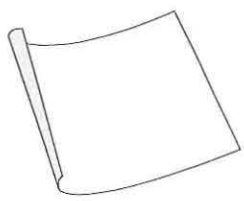
Next tell them you are going to read a story about a little girl named Jamaica who made some good choices and bad choices. Ask them to put their thumb up when Jamaica makes a good choice and their thumb down when she makes a bad choice. Read the story.

When the story is over, have the children all say a simple sentence prayer together: "Jesus, please help me to make good choices."

TIP

As you read the story, pause when Jamaica makes a choice and ask the children if she made a good or bad choice.





Good Choice, Bad Choice Game

15
MINUTES

2 ACTIVITY

WHAT YOU DO

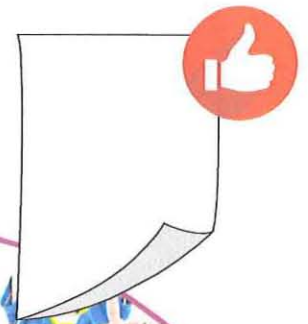
Place two rows of thumbs up and thumbs down printouts on the floor. Each row should consist of a thumbs up and a thumbs down for each Sunbeam. Have the children form a line in between the two rows of printouts. Explain that you are going to read a statement to them. If it is a good choice, they should run to a thumbs up. If it is a bad choice, they are to run to a thumbs down.

MATERIALS NEEDED

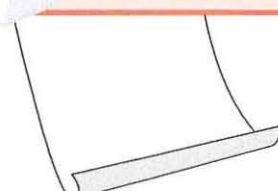
- Thumbs Up and Thumbs Down printouts (see Pinterest)

Sample good and bad choices:

- Take a classmate's pencil without asking.
- Tell your teacher she left her cell phone on the playground.
- Climb a tree your dad told you not to climb.
- Listen to music that has bad words.
- Brush your teeth without being asked.
- Play with matches with your friends.
- Tell your family that you love them.
- Call your friend stupid.
- Feed your dog without being asked.
- Sneak and eat the cookies your brother baked for his sleepover.
- Laugh at a classmate when she doesn't know the answer to the teacher's question.



Find the **Thumbs Up, Thumbs Down Printouts** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)





ACTIVITY

3

I Can Make Good Choices Watercolor

15
MINUTES

MATERIALS NEEDED

- Butcher paper, 24 × 24 in (61 × 61 cm)
- Crayons
- Watercolors
- Paintbrushes, 2 in (5 cm) wide

WHAT YOU DO

Show the Sunbeams a completed project. Start by having them write “I Can Make Good Choices” in crayon in the middle of the paper. Next have them trace one hand and one foot (their own or a friend’s) on the paper and color it in with crayon. Have them draw a mouth, eye, and ear with crayon. Then have them paint the entire sheet of paper using one or more colors. They should paint over the crayon drawings.

Conclude by teaching them the following sentence prayer: “Dear Jesus, I will do my best to use my hands, my feet, my mouth, my eyes, and my ears to make good choices.”



Requirement: My Self II