

Thinking Before Acting*

ACTIVITY

66

Learning Objective: To teach children the importance of thinking in advance about the reasons for, and consequences of, their actions

Skill: Decision-making, self-control

Ask the group, "Why is it important to think before you act?" Brainstorm reasons and write them on the blackboard or a large sheet of paper.

Tell them:

Thinking before acting involves self-control, and it can help you solve problems. Before you react impulsively or in anger, gather the facts in your mind, think about them, and then act appropriately. It will take you only seconds—your mind is constantly processing these thoughts as you go about your business.

If you ran into the street to chase a ball without first gathering information about your actions, you all know what could happen. And when you know what might happen, you can avoid making wrong decisions or feeling bad about your actions.

Distribute Activity Sheet 66. When children have offered their answers, lead a discussion about the consequences of acting without thinking.

Name _____

Date _____

Answer these questions any way you would like, keeping "thinking before acting" in mind.



How does Emily know this? _____

Does it sound like Emily is accusing Brian? _____

Why would Emily think Brian did it? _____

Do you think Emily thought before she spoke? _____



How does Owen know Paolo hit him? _____

Did he actually see Paolo hit him? _____

Why would he think Paolo did it? _____

What would be the best thing for Owen to do? _____