

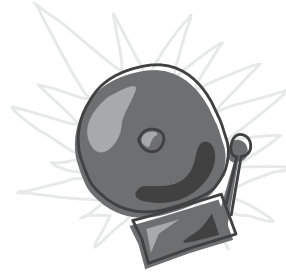
HABIT 1: BE PROACTIVE**LESSON 7: SUNNY SIDE UP**

KEY CONCEPT:
**CHOOSE
YOUR OWN
WEATHER**

END IN MIND

Students will be able to answer these key questions:

- What does it mean to “choose our own weather?”
- What effect would it have on us if we chose our own weather?
- What effect would it have on other people if we chose our own weather?

**15-MINUTE LESSON****INTRODUCTION**

Say, “It’s hard to be in a good mood on a gloomy day just like it’s hard to be in a good mood when other people are in a bad mood or mean to us. We’re going to talk about what we can do in that situation today.”

Read the first paragraph aloud to the class.
Have a volunteer read the second paragraph.
Direct students to choose one of the options, or create their own, and write about it.
Discuss answers and possible outcomes.

Have a volunteer read the “Habit 1” section.
Ask, “Can someone explain the metaphor ‘choose our own weather?’”
Have a second volunteer put it in his or her own words.
Ask, “Why do you think being upbeat, even when others are not, feels good?”
“Does it have anything to do with feeling in control of ourselves?”
“Why would that feel better than relying on others to make us feel good?”

Direct students to the activity.
Allow time to complete the questions.
Discuss.

CONCLUSION

Say, “When we let others influence us, we don’t know how our day is going to turn out. If we choose our own weather, we can choose a sunny day, no matter what others are doing or saying. Our attitude gives us control over ourselves, and control feels good.”

HABIT 1: BE PROACTIVE**30-MINUTE LESSON: 15-Minute Lesson +**

CLASS DISCUSSION: Ask, “What does influence mean?”

“Who has influenced you and how do you feel about that person?”

“Have you ever influenced anyone?”

“Do you think you had a positive or negative influence on him or her? Why?”

60-MINUTE LESSON: 30-Minute Lesson +

PUT FIRST THINGS FIRST: Five index cards or small pieces of paper, and a blindfold for each group.

KINESTHETIC ACTIVITY/SMALL GROUP: Each group of three needs five index cards or small pieces of paper with one letter each.

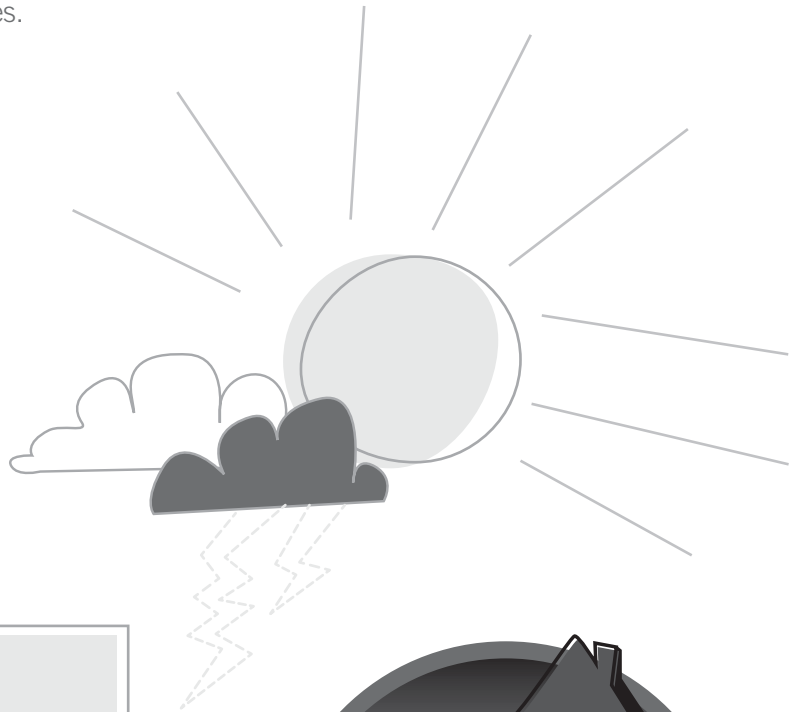
The end in mind is to spell the word R-I-G-H-T.

Person A is blindfolded and will be trying to spell R-I-G-H-T with the help of Person B.

Person C will be misleading Person A.

Person A doesn't know who is telling the truth until the 1-minute period is over.

Discuss peer pressure, influences, and choices.

**FORMATIVE ASSESSMENT**

Students will write a one-word summary of the lesson.

TAKING IT HOME

Teach the concept of “choose your own weather” to someone at home.