



Paco Talks About **MAKING GOOD CHOICES**

How Best to Use This Video:

Time Needed: 20 Min

1. Explain to the class that you are going to be watching a short video about Paco, who makes positive changes. If they aren't already familiar with TEAMology, explain that Paco has a super strength and, with the other TEAMmates, hangs out at the TEAMology House.
2. Tell the class that the TEAMology house is a place of unity and respect where anyone can come be part of the TEAM. Everyone in the house is expected to treat each other with respect, have each other's backs, and celebrate each other's differences.
3. Watch the video together.
4. Ask students what they think about the house theme song. You can prompt with questions such as "What was the song all about?", "What do you think you can learn from the song?", and "What message do you think the characters are trying to get across in the song?". You can re-watch the theme song part of the video, if needed. Allow time for answers.
5. Ask students what they learned about the difference between a mistake and a poor choice.
6. Have students give examples of mistakes. Then have them give share some poor choices from the video that either Paco or Billy made.
7. Discuss with the class how it is important to understand things that they have control over so they can make good choices.
8. Ask students to talk about how you can make positive changes whether you made a mistake or a poor choice.
9. Have students share times they made either mistakes or poor choices and how they made positive choices. Make sure to point out whether it was a mistake or a poor choice.
10. Additional Discussion Questions:
 - Why is it important to make positive changes after a mistake or a poor choice?
 - If you never learned from your mistakes or poor choices, what could happen?
 - How could you help others make positive changes?

Follow Up Activity: Mindful Actions

Time Needed: 25 Min

1. Give every student a copy of the Mindful Actions handout.
2. Explain to students that they can help make sure they do not make poor or bad choices by trying to be mindful of their actions before they make them. That means thinking through how what they want to or are going to do will affect others.
3. Have students work on their own Mindful Actions handout. Then have a whole group discussion about each choice and why it was mindful or not mindful. If a choice was not mindful have the class discuss what they could have done instead or how they could make a positive change if they had made that poor choice.



Mindful Actions

A part of Mindfulness is about being mindful of how our actions and choices affect others. Mindful actions are ones where we take others' feelings into consideration, before we act. Read the situations below and color in all the shapes that are examples of mindful actions.

You noticed a classmate worked hard on a project so you gave them a compliment.

You put your microphone on in your virtual classroom and made silly noises, while your classmates were presenting.

You put the recess items away when you were done with them.

You laughed when someone made a silly mistake.

You told your teacher about a classmate that might need help because you saw them crying but they wouldn't talk to you about it.

You burped in a classmate's face.

You went up to a classmate's desk and touched their things without asking.

You picked up a piece of garbage on the floor and threw it away.

You asked a classmate if they were OK or they needed help because they looked sad.