**Lesson Plan**

**Choose Wisely**

Objective of the lesson:

* You will learn that every choice has consequences.
* We will discuss this.

Choices

Every day in life, we have to make hundreds of choices:

* Should I wear sneakers or running shoes?
* Should I buy a candy bar or a soda?
* Should I meet up with a friend or spend time studying biology?
* Should I go to bed early and get some sleep or watch my favorite TV show?

This might not sound serious, but imagine that every choice you make leads to more and more choices, just like if you took a wrong turn on a highway and couldn't get back on the main route.

**Story: Trouble with TikTok**

Victor has been having trouble with math. He sits at his desk for hours, but nothing seems to stick. Especially since every now and then, to relax, he checks his smartphone to watch funny videos on TikTok. He can spend up to an hour watching silly videos, and afterward, he’s tired and unable to focus on math.

What do you think? Where is Victor going wrong? What further choices does his decision to not put away his phone lead to? What could he do to help himself?

LET'S DISCUSS!