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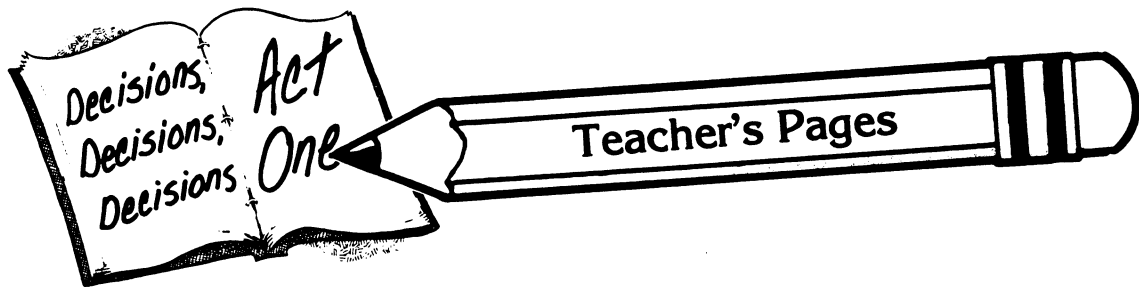
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TOPIC: FINDING OUT ABOUT YOURSELF AND YOUR VALUES

TIME: 2-3 weeks/10 worksheet lessons

OBJECTIVE: In Act One, the students will identify their feelings and values as the basis for making decisions about the roles they want to play in life.

Materials: Student Worksheets, pages 4 through 14

I. Introduction to Act One

A. Key Ideas

1. Knowing who you are and what you want or don't want (your values) affects your decisions.
2. Your decisions affect the way you view yourself and the way others view you.

B. Vocabulary

1. **decision:** a choice between two or more solutions to a problem
2. **role:** a part or character that an actor or actress plays during a performance; the actions or behaviours expected of a person; a part a person takes or a function a person serves during his or her life
3. **character:** a person in a play, story, or novel; a role as portrayed by an actor or actress; the pattern of behaviour or personality found in an individual
4. **values:** what you think is important; what you think is right or wrong; the social principles, goals, or standards held or accepted by an individual
5. **actions:** acts; things that can be done
6. **script:** the written copy of a stage, film, radio, or television show; the text that tells the actors what to do; statements made by others about you that you allow to influence how you act
7. **mask:** a covering on all or part of the face; to cover something up so it wouldn't be seen; a facial expression that disguises the person's true feelings
8. **body cues:** signals from the body that alert the individual to a physical or emotional state (for example, hunger pangs or nervous stomach)
9. **staying in character:** acting in a way that is consistent with a character; doing what the character would be expected to do

II. Group Discussion Ideas

- A. Tell the students that they will be learning about *decision making*. Write the term on the board and ask the students to define it in their own words. Ask them to give examples of things they consider to be decisions. Tell them they will be learning more about themselves and the types of decisions they make.

Life Is Your Play



What is a *decision*? A decision is a choice between two or more solutions to a problem.

Read the problem below. Notice that it has many possible solutions from which to choose. Decide on the solution you would choose and circle it.

PROBLEM:

What to do about the dog that followed you home from school

POSSIBLE SOLUTIONS:

Hide it in the cupboard.

Ask your mum if you can keep it.

Try to lose it on the way home.

Feed it.

Read the lost dog ads in the newspaper.

Tell it to go home.

Ask your dad if you can keep it.

Take it to the dog pound.

Post a sign about a lost dog.

Build it a doghouse.

For each problem below, *you* list two or more possible solutions to show that a decision can be made. Use the back of this page if you need more space.

PROBLEM: What to do about a classmate who hits you

PROBLEM: What to do about not understanding your homework

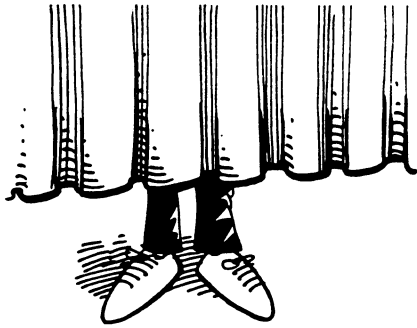
PROBLEM: What to do about having too much spare time

You make decisions all the time. This is important. The way you feel about yourself and the way other people look at you are determined by your decisions and actions. Your decisions say something about you. If you are watching television, you aren't practising a musical instrument, writing a book, or improving your batting average.

What do you want out of life? Think of life as a play in which you can take many parts. Throughout the play you can discover more about yourself. You learn what roles you like and those you will avoid in the future. All of your discoveries will help you with future decisions.

Name _____ Date _____

Curtain Up! Have Your Opening Lines Ready!



Knowing who you are and what you want affects your decision making. So before you start working on decision-making skills, introduce yourself to an imaginary audience as a way to begin thinking about just who you are and the unique roles you play.

All About Me

Use the cue words that start each sentence below to help you introduce yourself. Fill in the blanks with whatever information best describes you. Later your teacher might want to read your introduction to a real audience of your classmates and see if they can guess who is being described.

1. I am most interested in _____
2. My favourite subject in school is _____
3. If I could, I would like to _____

4. If I could get out of it, I would never again _____

5. I am happiest when I am _____
6. Success to me means _____

7. I think the most important thing in life is _____

8. I am one of the few people I know who can _____

9. I am proud of _____
10. I most admire people who are _____
and those who have _____
11. More than anything, I want _____
12. I would much rather _____
than _____
13. Nobody is perfect, and my worst fault is _____

14. On the other hand, my best feature is _____
