

Week Nine

By Deanna Rhinehart

© 2016



CHAMPIONEERS!

CAVEMAN ROCK

Family Night Adventure #9

It's Your Future

- **Key:** Choices
- **Concept:** Rationalization
- **Workbook:** pages 38-43
- **Sing-Along CD:** It's Your Future

Family Night Agenda

1. Family Night "Roll" Call
2. Review
3. **Video:** Episode #9 It's Your Future
4. **Discussion**
5. **Video:** Lesson #9 Choices
6. **Activity:** Temperature Gauge
7. **Storytime**
8. **Review**
9. **Leadership Challenge**
Choice Challenge

Activity

- Tug-of-War

Food Idea

Materials

- 3 pennies

In a Nutshell

Review. Learn the song, *It's Your Future*. Discuss the power of our choices to shape our entire future and cause and effect consequences. Demonstrate rationalization. Review music. Leadership challenge is to consider the consequences of our choices.

Lesson Nine - Quick View



	ACTIVITY	OBJECTIVE	ACTION
1	Family Night "Roll" Call	Set the tone for your home	Pass out cookies (Family Night Treats), hot cocoa and latte's. Breathe and share week highlights.
2	Review	What have we learned?	The Truth in You
3	Video: Episode #9	Choices	It's Your Future
4	Discussion	Choices Workbook 38-43	Discuss how powerless people rationalize choices. You always have a choice.
5	Video Lesson #9	Temperature Gauge	Live demo of the Temperature Gauge experiment.
6	Activity	Temperature Gauge	3 pennies help demonstrate rationalization through sensory deception.
7	Storytime	Visual and audio reinforcement	Choices
8	Review	Reinforce concepts	What do we know? What did we learn tonight?
9	Leadership Challenge	Reinforcement and internalization	Leaders make good choices. Stop and consider the consequences of your choices this week. From the food you eat, to the shows you watch, to the activities you do.
10	Sing-Along CD	Reinforcement and internalization	<i>It's Your Future</i>

Lesson Details

1. Family Night “Roll” Call

Enjoy your hot cocoa and cookies

2. Review

What have we learned? Review story and concepts we’ve learned so far.

ADVENTURE THEATER

3. Video: Episode #9

It’s Your Future

Al-x’s future-self is not allowed to tell him the future, so he shows him what *could* be.

4. Discussion

It’s Your Choice

Leaders make choices all day long that affect not only their future but also the future of those around them. It’s important to make good choices, but how do you know what you should do? Leaders stop and think about the consequences of their choices. Explain what consequences are and give some cause and effect examples.

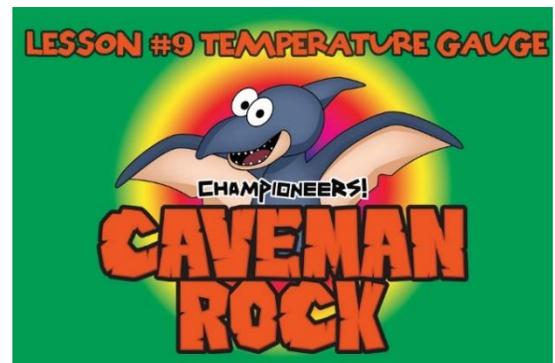
Sometimes people make bad choices, even when they know they are bad,

because they rationalize why it’s okay for them. This usually always leads to some very bad consequences. What kinds of things do people rationalize? (smoking, drinking, stealing, attitudes, honesty, etc.) What rationalization is Al-x using to justify his decisions?

LESSON CLICK-CLASS

5. Video: Lesson #9

Temperature Gauge



6. Activity

Temperature Gauge

1. Place two pennies in the freezer until they are nice and cold.
2. Place the two pennies on a table
3. Place a third penny that has not been cooled between them.
4. Place your pointer and ring fingers on the cold pennies. They will feel cold.
5. Now add your middle finger to the warm penny in the middle. What temperature does it feel?

6. Keep your middle finger on the warm middle penny and remove your pointer and ring finger from the cold pennies. What temperature does the middle coin feel now?
7. Return your fingers to the cold pennies. Now what temperature do the pennies all feel?

Your brain has evolved to think that most objects are the same temperature. They are either warm or cold. Not very many objects are both hot and cold at the same time, such as the pennies, so your brain automatically calculates that most the pennies are cold; therefore, all of them must be cold. When you remove your fingers from the cold pennies and only feel the warm penny in the middle, your brain says, "Oh, the majority of this object is warm; therefore, it is warm."

Peer Leaders can help set the temperature (attitude and emotional environment) of your school and your home by the choices you make.

7. Storytime

8. Review

- What have we learned? Review story and concepts we've learned so far.
- Make a big deal about the next part of the story!



LEADERSHIP CHALLENGE

9. Leadership Challenge The Choice Challenge

Are you a thermostat or a thermometer? That means, do you set the temperature of your environment or do you react to it?

Your challenge this week is to stop and consider the results of your choices; from the food you eat, to the shows you watch, to the activities you do, to the way you talk to your parents, siblings and friends. Are you setting a tone of kindness through good choices? Are you changing your environment or is it changing you? Make at least one great choice every day then write them down in your leadership workbook.