



Choose Love for Schools: Grade 10

LESSON 6: The Choice Moment

Acknowledging, Understanding and Practicing the Choice Moment (Pause)

Student Outcomes

Students will be able to:

- Define stimulus and response
- Relate stimulus and response to the brain and behavior
- Explore how mindfulness techniques can help regulate stress response and promote self-control
- Identify and reflect on personal emotional reactions
- Apply mindfulness techniques and manage them
- Develop strategies for getting in between stimulus and response in everyday situations
- Demonstrate an understanding of self-awareness, self-regulation and empathy
- Introducing Heroic Choices within the Choice Moment

Standards

CSED

- Moral Character
- Performance Character
- Intellectual Character

BHI

- Emotional Well-Being
- Meaning and Purpose
- Cognitive Stimulation
- General Health
- Positive Impacts
- Future Protective Factors

<p>SEL</p> <ul style="list-style-type: none"> ➤ Self-Awareness ➤ Self-Management ➤ Social-Awareness 	<p>NCSHE</p> <ul style="list-style-type: none"> ➤ 1.8.1, 1.8.2, 1.8.5, 1.8.6 ➤ 4.8.2, 4.8.3, 4.8.4, 4.8.6 ➤ 5.8.7, 5.8.8 ➤ 8.8.2, 8.8.5, 8.8.6
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College & Career Readiness Skills & Standards

- Communication
- Problem solving
- Teamwork
- Leadership
- Creativity
- Self-Awareness
- Social Responsibility
- Self-Management

Lesson Summary

The Choice Moment is where our personal power as humans resides! The Choice Moment is the pause in between what’s happening in our life, and our response. This pause happens in the present moment, where life is happening. IRL! (In Real Life) It gives us a space, and some time to get curious about what’s happening around us and get more information. We have two choices in how we will respond. We can make a Heroic Choice, when we *thoughtfully respond* with what can look like the Choose Love Formula: courage, gratitude, forgiveness or compassion in action. The other choice is simply to react, without much thought or consideration. When we react, the fear center of our brain might take over. When this happens, we react without pausing to consider all the information at hand. Our reaction can be uninformed and perhaps not be the best response possible. Our brain is built for reactions from habit and memories. This quick response frees up space for more complex situations that come up each day so that we have brain power in reserve. However these quick reactions don’t always include the prefrontal cortex, where logic and reasoning reside and thus aren’t always well thought out. In most instances, it’s ok to react. However, during a situation or circumstance that is challenging, like a conflict or to control impulses or personal motivation to be our best, it is a good idea to utilize the pause that occurs within the Choice Moment to consider our response. Otherwise we are reacting and the executive functioning part of our brain is not in control. By recognizing

this crucial space for choice, we have the ability to respond thoughtfully, aligning our actions with our values, and being the best version of ourselves!

Educator Prep

- Prepare scenarios for students in activity
- Prepare Choice Moment Video:
<https://drive.google.com/file/d/1djF-xieyzdLaboINPNo02WvglR6jhPjN/view>

Agenda

1. **Discussion: 5-10 minutes**
2. **Activity: 15 minutes**
3. **Choose Love Journal Prompt: 5 minutes**
4. **Lessons to Life**

Discussion:

Cue Slide: Discussion Questions

“What does the word stimulus mean?” *Write responses on the white board.*

Answer: Stimulus is any factor or event in the environment that can provoke a response or reaction.

“What are some examples of stimuli?”

Answer: Sounds, temperature, taste, smell, social interactions, etc.

“How does understanding stimuli help us better ourselves?”

Answer:

1. Increases self awareness
2. Supports better self regulation
3. Encourages self improvement
4. Allows us to communicate more effectively

“How do your 5 senses connect to feelings and emotions?”

Answer: All 5 senses can evoke memories that are tied to emotions therefore the smell of a baked cookie may make you feel happy while the smell of a skunk may make you feel disgusted or sick.

“Why is it important to know how we process information through our senses?”

Answers: enhances sensory awareness, improves cognitive functioning, helps manage sensory overload, improves communication, help us better understand ourselves and others, promotes well being

“Is there a moment in between stimulus and our response?”

Answer: Yes! This pause in the Choose Love Program is called the Choice Moment. It refers to the mental space created by responding consciously and deliberately rather than reacting automatically to external stimuli. It empowers us to use our self-awareness and self-regulation skills in managing our responses and fostering personal growth. When we use the Choice Moment we lead ourselves to making Heroic choices rather than reactive choices.

Activity:

Cue Slide: Practicing the Pause

“We are going to practice different ways to maximize the time in between stimulus and response so we can react in thoughtful, healthy ways. Using the strategies below, I want you to reflect in your journals about an event I will share with you and write down, in order, the top three strategies you would use. Remember, there is no right or wrong answer, it’s what works best for you.”

Strategies:

1. Take a Deep Breath
2. Acknowledge Your Emotions
3. Consider Consequences
4. Empathize with Others
5. Practice Active Listening
6. Give Yourself Time
7. Use Positive Self-Talk
8. Visualize Your Ideal Response
9. Practice Mindfulness

“Scenario 1: You have to give a big speech in front of the entire grade level.

Scenario 2: You’re taking a huge test and you come to a difficult question that you don’t know how to answer.

Scenario 3: You’re in a crowded room and someone pushes you out of their way.

Scenario 4: You get locked out of your car or house and have no spare key and somewhere important to be in 10 minutes.

Did you notice any pattern to your responses? Did you favor one strategy over another or avoid a strategy altogether?"

Cue Slide: Choice Moment Model

Show Choice Moment Video:

<https://drive.google.com/file/d/1djF-xieyzdLaboINPNoO2WvglR6jhPjN/view>

"The Choice Moment is where our personal power resides! The Choice Moment is the pause in between what's happening in our life, and our response. This pause happens in the present moment, where life is happening. It helps us to get curious about what's happening around us and get more information. We have two choices in how we will respond. We can make a Heroic Choice, when we *thoughtfully respond* with courage, gratitude, forgiveness or compassion in action. The other choice is simply to react, without much thought."

"When we react, the fear center of our brain might take over. When this happens, we react without pausing to consider all the information at hand. Our reaction is then uninformed and might not be the best response possible. In most instances, it is a good idea to utilize the pause that occurs within the Choice Moment to consider our response. Otherwise we are reacting and the executive functioning part of our brain is not in control. By recognizing this crucial space for choice, we have the ability to respond thoughtfully, aligning our actions with our values, and being the best version of ourselves!"

Choose Love Journal Prompt

Cue Slide: Choose Love Journal Prompt

"The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives." - William James

How can you use your new knowledge of the Choice Moment to impact your life?

Lessons to Life

Cue Slide: Lessons to Life

How does engaging in the Choice Moment contribute to personal growth, self-esteem and overall well-being?

Where do you see the Choice Moment on the Choice Moment Model? Why do you think it's placed there?

Answers may vary.