



Helping Students Make Wiser Choices Since 1992

Monthly Theme: August through May
Elementary Level Series 1

March: Making Responsible Choices

Daily broadcast message pages 16, 25, 35, 53, 54, 58, 61, 89, 90, 99, 101, 104, 107, 110, 115, 116, 118, 123, 151, 154, 155, 159, and 169. *

*As much as possible, narrate the messages in order listed for the best flow of ideas.
We have provided more messages than necessary for a typical month
so you can choose those messages best suited for your campus.

Also available for Project Wisdom, Inc. Subscribers

“The Road Ahead”, “Playing by the Rules”, “Cheating Yourself”, and “Brainy Stuff”

These lesson plans and additional broadcast messages correspond to this monthly theme.



EDUCATION

Good morning, name of school. This is name of narrator with a few words of wisdom.

Plato was a great teacher who lived many hundreds of years ago. He started the first college in the history of Europe. Plato understood the importance of learning. Listen to his words to you today.

The direction in which education starts a person will determine his or her future life.

To determine means to decide. In other words, Plato is saying that what you learn at school helps decide where you are headed in life.

Today, ask yourself this: In which direction am I headed with my schoolwork? Am I getting the job done? Am I doing my best? If Plato is right — and you do your best in school today — you are deciding to have a happier and more successful tomorrow.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

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Good morning, name of school. This is name of narrator with a few words of wisdom.

Do you remember the definition of the word *consequence*? It means the results of our actions. Every time we do something — good or bad — there is a result, right?

All of us make mistakes. Some of the mistakes we make are small and come with small consequences. Other mistakes are big, and the consequences can be serious.

Listen to these words from great American writer Pearl S. Buck:

Every great mistake has a halfway moment, a split second when it can be recalled and perhaps remedied.

In other words, somewhere in the middle of making a big mistake, we can stop and choose again and perhaps not make the mistake at all.

Next time you think you might be making a mistake, stop for a second, take a breath, and choose something different before it's too late.

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WISDOM

Charity/Self-Esteem

Good morning, name of school. This is name of narrator with a few words of wisdom from an eight-year-old named Isis Johnson:

I would like to tell other children to do good things for others. When you help them, you feel good about yourself.

When Isis was just five years old, she wanted to help feed hungry people. She and her grandmother started going through their neighborhood collecting canned goods. Several years later, Isis had collected so much food and helped so many people that former President George H.W. Bush honored her with a very special award.

Today, think of just one way you can help somebody. Offer to help your teacher, do an extra chore at home, or think about something you could give away to those in need, maybe a toy you no longer play with or some clothes you have outgrown. And remember, just because you are small does not mean you can't make a difference.

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COOPERATION

Doing The Right Thing

Good morning, name of school. This is name of narrator with a few words of wisdom.

Listen to this African wisdom:

If the fingers on the hand are fighting, they cannot pick up the food.

What do you think that means? Well, let's think about it. Don't all the fingers on your hand have to work together to pick up your sandwich or your pen or your book? If your fingers were fighting against one another, your hand wouldn't work at all, would it?

People are like the fingers on one hand. When everyone works together, things get done more easily, like when we all pick up the classroom together or work together on a special project. It's called cooperation.

Today, let's do the right thing. Act like the fingers on one hand, and work well with each other. Cooperation makes everything easier for everyone.

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SELF-RESPONSIBILITY

Good morning, name of school. This is name of narrator with a few words of wisdom.

Today we're going to talk about the importance of self-responsibility. That means being responsible for your choices and the things you do.

Responsibility is an interesting word. If you look at it as a compound word, it becomes *response-ability* or the *ability* to *respond*.

Think about it this way:

Responsible people are people who are able to respond to situations in a way that gets the best results for themselves and for others.

Ask yourself today if you are always blaming other people for the bad choices you make, or are you wise enough to hold yourself responsible? If you discover that you are always blaming others, take another look.

And, when others see you act in a responsible way today, they will trust you to make good decisions in the future.

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Good morning, name of school. This is name of narrator with a few words of wisdom.

Here's a tale from the ancient Greek slave and storyteller Aesop. It's called "The Frogs and the Well."

There were two frogs living together in a marsh. One really hot summer the marsh dried up. The frogs took off to look for another place to live, because frogs like to live in damp places. They came to a deep well. One frog looked down into the well and said, "Hey! This looks nice and cool. Let's jump in!"

The other frog, who had a wiser head on his shoulders, replied, "Not so fast, buddy! Suppose the well is dried up like the marshes. How would we ever get out again?"

What's the moral? It's simple: Look before you leap. Stop, look, and listen. Always be careful, and make sure that what you are doing is safe.

Today and every day, think twice before you act. In the words of this old Scottish proverb:

If you don't see the bottom, don't wade.

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CONSCIENCE

Choices

Good morning, name of school. This is name of narrator with a few words of wisdom.

Every day we are faced with many decisions. The choices we make affect not only us, but those around us . . . and those around those around us. It's like throwing a pebble into a still pond. Our choices ripple out into the world in ways we don't always understand.

William James, great American philosopher, says:

Live by yes and no. Yes to everything good. No to everything bad.

How do we know what's good and what's bad? How do we know right from wrong? First, we listen to the advice of our teachers, parents, and grandparents, or perhaps our faith leaders. And second, we listen to our hearts.

The next time you're trying to make an important choice in life, be still. Turn off the radio and the TV. Turn off the video games and CDs. Sit. Listen. As Jiminy Cricket says:

Let your conscience be your guide.

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FRIENDSHIP

Good morning, name of school. This is name of narrator with a few words of wisdom.

Did you know that Girl Scouts around the globe celebrate Thinking Day? That's right. Thinking Day is a day when Girl Scouts spend time thinking about how people should be friends to one another. They send a card or letter to people around the world.

What do you think would happen if everyone stopped for just one day and thought about what it means to be a good friend? What if everyone thought about how important friends are? What if everyone reached out and made a new friend? What if whole countries decided to be friends instead of enemies?

Today, take a minute and think about the importance of being a good friend and neighbor. How does it make life better? Would the world be a better place if more people were friends?

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TOLERANCE

Choosing What's Right

Good morning, name of school. This is name of narrator with a few words of wisdom.

There are more than seven billion people in our world. That's a number too big to imagine. All those seven billion people practice more religions than you could count on both your hands and your feet. It's very sad that all over the world people are arguing and fighting and even killing each other because they practice different religions.

Now think about these words of wisdom:

***So many religions, so many creeds,
So many paths that wind and wind;
When just the art of being kind
Is all this sad world needs.***

It is sad that people are unkind to each other because of the church they attend, or the synagogue, or the temple. We need to learn to respect one another's differences and treat each other with a little more kindness. Our world would be a better place.

Today, make a special effort to be kind to one another.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

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GOSSIP

Choosing What's Right

Good morning, name of school. This is name of narrator with a few words of wisdom.

Do you know what gossip is? Gossip is talking about someone else's business behind his or her back, like when someone says, "Did you know that Anna made a D on that test?" or "Did you hear that Andrew kicked Joe on the playground?"

Some people think that gossip is harmless, but the truth is, talking about other people like that can be very hurtful. Sometimes what's said isn't true at all, or it's said with a mean heart.

Today, ask yourself this question: Would I want to be gossiped about? Would it hurt my feelings if I knew people were saying untrue things about me or saying things about me with a mean heart? Then remember the Golden Rule and treat other people the way you would want to be treated.

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SELF-RESPONSIBILITY

Choices

Good morning, name of school. This is name of narrator with a few words of wisdom.

How many of you have heard the story about Hercules and the wagoner? It's about a man who was driving his wagon down a muddy road, when the wheels got stuck. He called out for help, and no one came. He called out for help again, and no one came. He kept calling out for help, and still no one came. Finally Hercules appeared and said, "What's wrong with you? Why aren't you trying to push the wagon out of the mud? Why are you just standing there calling out for help? You cannot expect others to help you when you are not trying to help yourself." The wagoner then put his shoulder to the wheel and pushed his way out of the mud.

Country singer Naomi Judd says it this way:

***If you want a helping hand, first look to the end
of your own arm.***

Today, remember this: It's good to ask for help when you need it, but before you do, make sure you are really trying to help yourself first.

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Good morning, name of school. This is name of narrator with a few words of wisdom.

Do you like to read stories with happy endings? In many of our favorite storybooks, someone has to make a hard choice before there can be a happy ending. It may be a choice to be honest, kind, or simply to do the right thing when our friends are making bad decisions.

Have you ever made a poor choice and things turned out badly? The best way to make good choices in the future is to listen to the good advice of those who care about you.

Listen to these words:

Our choices help decide what will happen next in our life.

We all want to have good things happen in our lives, right? So, do your best to make choices that will help you find your own happy ending.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

Author unknown

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CHOICES

Good morning, name of school. This is name of narrator with a few words of wisdom.

Listen to this story called "The Boar and the Fox." A boar is a wild pig with tusks like an elephant's. A boar uses his tusks to protect himself.

One day the boar was sharpening his tusks on a tree trunk when a fox came by. The fox said, "My goodness, you are working hard to sharpen your tusks, but there's no one around who wants to hurt you." To that the boar replied, "Well, if I wait until something tries to attack me, there will be no time to sharpen my tusks. I must get them ready now so they will be of good use to me when I need them."

What's the moral of this story? It's important to make choices today so you will be ready tomorrow, like choosing to do your homework today so you'll be ready to turn it in tomorrow, or choosing to brush your teeth tonight so you won't have cavities in the future.

Today, remember the boar and the fox.

Make choices today that will help you be your best tomorrow.

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SELF-DISCIPLINE

Choices

Good morning, name of school. This is name of narrator with a few words of wisdom.

When most of us hear the word *discipline*, we think of being punished, but guess what. The word *discipline* has its roots in a word that means to learn. And it's true that some of us learn only when we have to pay a consequence for a bad choice. That's called "learning the hard way."

But there's an easier way to learn. The easier way is to choose to be *self-disciplined* . . . to be a *self-learner* . . . to learn from the mistakes others make so you won't make the same choices . . . and to learn from the positive choices they make so you can make good choices. And you can learn by simply listening to the good advice of those who care about you and want you to be your best.

That's what self-discipline is all about. Today, choose to learn the easier way and discipline yourself.

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WISDOM

Choices

Good morning, name of school. This is name of narrator with a few words of wisdom.

Every day we pause and listen to a few words of wisdom from around the world. Why is that so important? Why do we need wisdom? Having wisdom means knowing how to make good, healthy decisions.

Someone very smart once recommended that we

Pause for a while from learning, to be wise.

Today, ask yourself this: How can pausing to listen to a few words of wisdom help me make wiser choices? Then remember this Japanese proverb:

Knowledge without wisdom is a load of books on a fool's back.

In other words, you can be the smartest one in the class, but if you don't make wise choices, you're not so smart after all.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

*Samuel Johnson

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CONSCIENCE

Learning From Mistakes

Good morning, name of school. This is name of narrator with a few words of wisdom.

Have you ever had a difficult time going to sleep at night because you did something that you knew was wrong? The Germans have a wonderful proverb:

A good conscience makes a soft pillow.

Is your conscience bothering you because you did something you shouldn't have done? Do you need a good night's sleep? Talk with someone you trust — your mom or dad, spiritual leader, teacher, or counselor. Tell the person what you did, and let him or her help you decide how you can best mend the situation. Then, do your very best to learn from your mistake, forgive yourself, and move on.

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EDUCATION

Good morning, name of school. This is name of narrator with a few words of wisdom.

There are many children in the world who want to learn and who never get to go to school, and then there are children who get to go to school but don't want to learn. They don't appreciate what a gift it is to get an education. Which do you think is worse?

In West Africa, there's an old proverb that goes

Not to know is bad, but not to wish to know is worse.

So if you are a person who loves to learn, share your love of learning with others. Be an example . . . tutor others . . . help others with kind words of support, help them get excited about learning.

And then remember this: It's okay if you don't know something or don't understand everything here at school. What's important is that you wish to know and you try your best.

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Good morning, name of school. This is name of narrator with a few words of wisdom.

Are you a human being? If the answer is "yes", then guess what. You have *free will*. In other words, you have the freedom to choose. For example:

- You can choose to follow the rules, or you can choose to break them.
- You can choose to respect those who care about you, or you can choose to be disrespectful.
- You can choose to do your best in school, or you can choose not to do your best.

What choices are you going to make? The English say:

Nothing is impossible to a willing heart.

In other words, nothing is impossible if you are willing to make the best choices you know how to make. Today, be willing to do what you know is best for you and those around you. Remember, you're free to choose.

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CHOICES

Choosing What's Right

Good morning, name of school. This is name of narrator with a few words of wisdom.

America is called "the land of the free." What do you think that means? What do *you* think it means to have freedom?

Listen to these words about freedom from Bishop Fulton Sheen, who was a great American Catholic writer and speaker:

Freedom does not mean the right to do whatever we please, but rather to do whatever we ought to do.

In other words, having freedom doesn't mean we are free to do whatever we want . . . whenever we want . . . to whomever we want. It means we have the freedom of choice. We choose how we behave toward others. We choose whether or not we follow the rules at home and at school. We choose to do what we know is right, or not.

Today, remember this: America is called "the land of the free" because every day people all across our country are trying their best to make smart choices.

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SELF-RESPONSIBILITY

Health/Choices

Good morning, name of school. This is name of narrator with a few words of wisdom.

Great American author Walt Whitman once said,

If anything is sacred, the human body is sacred.

One meaning for the word *sacred* is "treated with the highest respect." So the question today is, are you treating your body with the highest respect? What kind of choices are you making about your body and your health?

Every day we are faced with choices that affect our health and our bodies — choices such as: Do I get some exercise today, or do I sit and play video games? Do I eat the whole bag of Oreo cookies, or do I eat just two? Do I get some sleep, or do I stay up late and watch TV? Do I poison my body with drugs, or do I take care of my body with good food?

Today, remember what Walt Whitman said about the human body's being sacred, and then ask yourself if you are treating your body with the respect it deserves.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

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SELF-RESPONSIBILITY

Placing Blame

Good morning, name of school. This is name of narrator with a few words of wisdom.

Once there once a famous French writer who said:

If we had no faults of our own, we would not take so much pleasure in noticing those of others.

In other words, if we didn't have our own faults and weaknesses, we wouldn't enjoy pointing out other people's faults and weaknesses so much.

I want you to do a little experiment with me this morning. Point your finger at someone in the room. Now hold it! Take a close look at your hand. One finger is pointing at the other person, but three fingers are pointing where? That's right! Right back at you.

What do you suppose that means? Maybe we need to take a look at ourselves before we blame someone else. If you've been arguing with someone, maybe you should take a look at what your responsibility is in the matter.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

*La Rochefoucauld

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Good morning, name of school. This is name of narrator with a few words of wisdom.

Horatio Alger was one of the most successful American writers of the nineteenth-century. His books are about people who are poor but who work hard, follow their dreams, and become rich. American history is filled with such stories. It's the American dream. In fact, our desire to want more and better has helped America grow into the great nation it is. But sometimes we get so caught up in wanting more money and more things that we forget what's really important.

Now listen to these words from Sophocles (SOFF oh klee), ancient Greek philosopher:

Wisdom outweighs any wealth.

In other words, being a wise person is more important than being a rich person . . . being a person who knows right from wrong is worth more than all the money in the world.

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HONESTY

Good morning, name of school. This is name of narrator with a few words of wisdom.

Has a cashier ever handed you back too much change . . . like giving you a ten-dollar bill when he thought he gave you a one-dollar bill? If it hasn't happened to you yet, it may happen to you at some point, and then you will have a choice to make.

Here's one choice: You notice that the cashier gave you back ten dollars too much change, and you think, "Yippee! This is my lucky day!" You run next door to the toy store and buy yourself a new game. That night you have a hard time going to sleep because a friend tells you that the cashier will have to pay the store \$10 out of his own pocket. Every time you play with your new game, you are reminded that you were dishonest.

Here's another choice: You notice that the cashier gave you back too much change, and you say, "Sir, you gave me back too much change." You hand it back, and the cashier thanks you. You feel good about yourself and know that you are someone who can be trusted.

Today and every day, remember this American proverb:

Honest people are worth their weight in gold.

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