



***For the 2025-2026 school year, the LEC Educators will be providing copies for this post activity when they visit your class.**

Third Grade Life Education Center

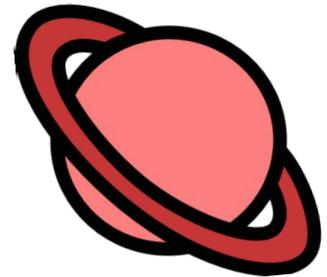
Illinois Learning Standards for Physical Development and Health

State Goals 22.A.2b and 2c; 22.B.2a; 23.A.2a; 23.B.2a; 24.A.2b; 24.C.2a

Illinois Learning Standards for Social-Emotional Development

State Goals 1B.2b; 2B.2b; 3A.2a; 2B.2b

Activity – “Choices”



After your students’ Life Education Center lesson:

Knowledge

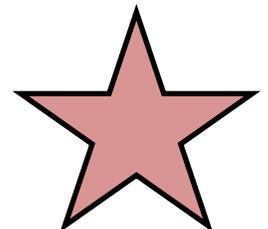
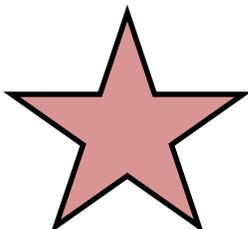
- Students will state The 3 Step Problem Plan step they would use to make a positive choice for their health (i.e., 1. Tell Reasons Why Not: I don’t want to smoke; it hurts your lungs. I won’t be able to play sports with bad lungs.)

Application

- Students will create a role play dialog using their chosen 3 Step Problem Plan step response to the given scenario. (See Post Activity)

Communication

- Students will role play their plan to the given scenario.



Third Grade Post Activity

Life Education Center

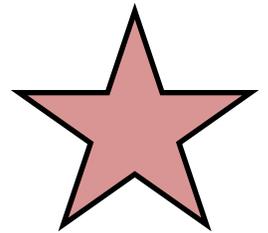
Directions for Post Activity:

Use your selected 3 Step Problem Plan to write a role play script and act it out for your classmates or family after reading the scenario below. The script should contain a choice that has a positive influence on health.



The 3 Step Problem Plan

Tell Reasons Why
Not
Suggest a Better
Idea
Say No, Walk
Away, and Report



Role Play Scenario:

A couple of kids that you want to be friends with ask you to smoke an electronic cigarette (vape) with them.

Example:

- **Person A:** "We have a vape! Let's try it."
- **Person B:** "Yeah, good idea!"
- **You:** (using Step 1) "That's not a good idea for me."
"We might get in trouble."
"I'm trying out for soccer this fall."
"I need my lungs in the best shape they can be."
- **Person A:** "Oh come on, no one will find out. Don't be a baby."
- **You:** (using Step 2) "No, let's go get ice cream instead."
(using Step 3) "Nope, see ya later."

