

The Way I Act

Read the book *The Way I Act* by Steve Metzger. Then, circle **two** activities from the choice board below. Complete these activities on a separate piece of paper.



Write 4–5 sentences about a time you were caring.

What was the outcome of you being caring? How did this behavior affect others? How did it make you feel?

Brainstorm three or more times you made healthy choices in behavior over the past week.

Write 4–5 sentences on how it feels to be able to control your behavior and choices.

Then, film yourself for 60 seconds explaining what making healthy choices means to you.

Write and answer the questions:

What does the word compassionate mean to you? When was the character in the book compassionate?

Write a poem about compassion and what it means to be compassionate.

What were five behaviors talked about in the book? What were the outcomes of these behaviors?

Draw a picture of the character making a healthy choice in behavior and being able to control their actions.

With a partner, act out a skit that reflects responsibility. Make sure to include what happened as the outcome of you being responsible and how it made you feel?

Perform your skit in front of the class.

Create a word search using the different vocabulary words from the story, listed on the board. Give this word search to a partner to complete.