

WINGS for kids

Responsible Decision Making - Objective Tests

Week 1: Kids will learn how to make an agreement with themselves or others and understand the importance of taking responsibility for upholding agreements. Kids will learn what to do if agreements are broken.

1. If you can't uphold agreement, what should you do?
 - a) Apologize and take responsibility
 - b) Hide
 - c) Tell a lie
 - d) Start Crying

2. Which of these is one thing you should do when trying to keep an agreement?
 - a) Steal things
 - b) Hear/Listen, make sure you know the details
 - c) Stick out your tongue
 - d) Go out to lunch

3. Which of these is one thing you should do when trying to keep an agreement?
 - a) Get rid of any obstacles/distractions that can get in your way
 - b) Play basketball with friends
 - c) Color
 - d) Go to sleep

4. Why is it important to keep your promises and agreements with others?
 - a) Because it's important that other people trust you to keep your agreements
 - b) Because you are a good person

5. If you promised to help your friend with her homework, why should you keep your promise?
 - a) Because your parents will get mad at you if you break your promise
 - b) Because your friend is expecting your help and she will be disappointed if you don't help her

6. If you told your friend that he could have your cookie at lunch, but you find out you don't have any more cookies, what is the best thing to do?
 - a) Sit somewhere else so your friend can't find you
 - b) Apologize to your friend and tell him that you made a mistake

Week 2: Kids will understand their responsibility for positive and negative outcomes.

1. When you show your ID, what are you doing?
 - a) Saying I did...
 - b) Saying I don't know
 - c) Driving a car

2. When you are in a negative situation, should you blame other people?
 - a) Yes, you should tell what everyone else did wrong.
 - b) No, you should show your ID and tell what you did

3. Finish this sentence: The choices I make should be _____.
 - a) What's going to get me in trouble
 - b) What's the most fun
 - c) What's best for me to do
 - d) What my friends want to do

4. If you and your friends have accidentally broken your neighbor's window with a baseball, what is the best thing to do?
 - a) Run away as fast as possible so you won't get in trouble
 - b) Tell your neighbor that it was your friend's baseball
 - c) Tell your neighbor that you did it and you are sorry and that you want to make it up to him by helping him out with yard work

5. If your class won first place at tug-of-war, what is the best thing to do?
 - a) Tell your friends that you are the best in your class at tug-of-war
 - b) Celebrate with your team for doing well and working together
 - c) Tell the kids on the other teams that you are stronger than they are

6. If you finish last in a running race, what is the best thing to do?
 - a) Give up on racing
 - b) Remember that you are not good at everything and think about what you can do to improve
 - c) Pretend that you lost because you hurt your leg during the race

Week 3: Kids will learn how to brainstorm alternative actions and predict consequences before choosing the action they will take. Kids will practice evaluating the level of success in the action chosen.

1. Which of these is a question you should ask yourself to avoid a Yes Mess and make the choice that's best for you to do?
 - a) Could anyone get hurt if I choose this?
 - b) Will this be fun?
 - c) Can I play with my friends?

2. Which of these is a question you should ask yourself to avoid a Yes Mess and make the choice that's best for you to do?
 - a) What are we having for dinner?
 - b) Could I get into any trouble if I get caught doing this?
 - c) Are my sisters and brothers going to tell on me?

3. When you are in a Yes Mess, what should you do?
 - a) Brainstorm some better choices you could make
 - b) Do it anyway
 - c) Cry

4. If you get angry with someone in your class and you throw something at him, what will happen?
 - a) You will get in trouble
 - b) The other kids will classmate will be nicer to you
 - c) You will have fun

5. If someone wants to fight with you, what is the best thing to do?
 - a) Tell a mean joke about the person
 - b) Ask your friends to fight him
 - c) Calmly walk away and tell a parent or teacher what happened

6. If you get stuck on your homework, what is the best thing to do?
 - a) Ask a parent or teacher for help
 - b) Ask a friend to do your homework
 - c) Tell your teacher that the homework was too hard

Week 4: Kids will learn what peer pressure looks and feels like. Kids will learn how to say “no.”

1. Is it okay to tell your friends, “No” if they want you to do something that is wrong?
 - a) Yes, you should brush the pressure off and tell them no if they want you to do something wrong.
 - b) No, they are your friends and you should always do what they say.

2. What is it called when other people try to get you to do something that you don’t want to do?
 - a) Life
 - b) Peer Pressure
 - c) Force Friends

3. What is the BEST thing to do when you feel peer pressure?
 - a) Start Crying
 - b) Hide in the corner
 - c) Brush the pressure off, say no, and walk away

4. If some older kids want you to smoke or try a cigarette, what is the best thing to do?
 - a) Tell them that you will try it as long as they don’t tell anyone
 - b) Tell them that you don’t smoke and that you don’t want to try it
 - c) Ask your friends to do it with you

5. If someone in your class wants you to lie for him, what is the best thing to do?
 - a) Tell him you will lie so he will be your friend
 - b) Make fun of him
 - c) Tell him no and don’t lie for him

6. If your friend wants you to drink alcohol, what is the best thing to do?
 - a) Say no thanks, and walk away
 - b) Run away and scream
 - c) Try the alcohol to see what it tastes like

Week 5: Kids will develop goal-setting strategies. Kids will heighten motivation by recognizing that small successes build on one another. Kids will develop an ability to be patient and delay gratification.

1. Which of these is one step to achieving a goal?
 - a) Let your friends tell you what to do
 - b) Ask people for help or find things that can help you get closer to your goal.
 - c) Sit on the couch and wait for things to happen.

2. Do you need to take a lot of steps to reach a goal?
 - a) Yes, to reach a goal it takes a lot of work and many different steps.
 - b) No, you can just say you want to reach a goal and it will happen by itself.

3. When you set a goal will it happen right away?
 - a) Yes, once you say it will happen, it will happen right away.
 - b) No, you need to be patient and wait until you do all the steps to be able to reach your goal.

4. If you want to get an A in math, what is the best way to set that goal?
 - a) Have your mom do it for you
 - b) Study once the night before the test
 - c) Think or write down all the things that you can do to reach that goal and do them one thing at a time

5. If you want to buy a video game, what should you do?
 - a) Set the goal to buy it and save up money until you have enough
 - b) Spend your money on candy because you'll never have enough
 - c) Give your money to a friend

6. Why is it important to be patient and wait to eat dessert after you eat a healthy dinner?
 - a) It's not important to wait you can eat whatever you want
 - b) If you eat dessert first, you might get too full to eat your healthy dinner

Week 6: Kids will recognize the importance of attitude and its influence on behavior. Kids will apply perseverance in the face of disappointment, creating resiliency. Kids will understand how competition acts as a motivating force.

1. What is it called when you try really hard and don't give up?
 - a) A Good job
 - b) Perseverance
 - c) Fun times

2. Which of these is the best way you could try to stay positive and never give up?
 - a) Keep distractions away
 - b) Hang out with your friends
 - c) Play basketball

3. Which of these is the best way you could try to stay positive and never give up?
 - a) Keep eating
 - b) Keep your shoes tied
 - c) Keep away from negative people and things

4. If you finish in last place in a race, what is the BEST thing to do?
 - a) Tell yourself that as long as you tried your best, that's what matters
 - b) Cry and think it is unfair
 - c) Eat lots of hot dogs

5. What is the best thing to tell yourself if you want to do well on a test?
 - a) I know I can do it if I put my mind to it.
 - b) I might do well if I am lucky
 - c) I hope that I don't fail

6. Why is it important to have a positive attitude when things go wrong?
 - a) It can help you remain positive and give you strength to face other challenges
 - b) Other kids will like you more
 - c) Because your teacher told you to have a positive attitude