



## Welcome ...

to the June Issue of *Adding Value*, brought to you by the Young New Zealanders Foundation (YNZF), a charitable Trust that aims to help our young people stay on track. For more information about the YNZF, including other resources it produces, visit [www.youngnz.org.nz](http://www.youngnz.org.nz).

We are now well in to Term 2. Your students will be settled in the regular routine of class and school, and some might be starting to think about ways to cut corners, bend the rules or buck the system. Managing this behaviour comes down to identifying choices and following up with consequences. In this issue, the challenge of standing alone and making the right choice is raised. Our emerging adolescents face real challenges of identity forming, wanting to do the right thing, but also wanting to fit in. Knowing the right thing to do can be quite easy for our young people to discern, but actually doing it, especially if friends are encouraging the opposite, can be extremely difficult when weighed up against fitting in.

The game *Survivor by Choice* (see page 4) encourages students to make choices and then face the consequences – good and bad. Like the TV show *Survivor*, the aim of the game is to stay 'on the island' for as many days as possible and the only way to earn days on the island is to make good choices!

Also in this issue is information about the new YNZF resource, *Courage Be My Friend* (see page 3). It is designed to help young people and their families deal with the grief, loss and changes caused by the Christchurch earthquake. It was sent to all schools in Canterbury with students in Years 7 and 8, but more copies are available for schools throughout New Zealand.

Kind regards

*Sarah Barrett-Hamilton*  
Education Consultant  
Young New Zealanders Foundation

## The Lion, the Fox & the Beasts

By Aesop

**Theme:** Decision making – You have the power to choose!



The mighty Lion, who had ruled over the forest for most of his life, was now old and ailing. He retreated to the safety and comfort of his cave high up on the mountain. He remembered how proudly he used to stand outside his cave gazing over his entire kingdom.

Knowing that he would not live much longer, he summoned all the animals to come to his cave to pay their respects.

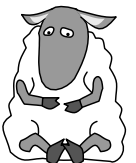
The Lion had been a powerful ruler and, despite not being as strong as he had been in his younger years, the other animals were still fearful of his forceful presence and sharp claws. So it was with trepidation that a Goat, a Sheep, and a Fox had gathered outside the entrance to the old Lion's cave.

They looked at each other nervously, unsure of what they should do. They listened for any sound of movement from inside the cave but there was nothing.

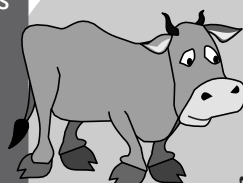


"I'm not scared," the Goat said, trying to sound brave. Hesitantly, the Goat disappeared into the cave. The Fox and the Sheep waited outside, but heard nothing.

"This is ridiculous! I can't wait around here all day," muttered the Sheep. "I've got places to go, you know," he said to the Fox. The Sheep also entered the Lion's cave.



Fox listened, but still didn't hear anything. Something didn't feel right. He waited and waited, pacing back and forth in front of the entrance to the cave waiting for the Sheep and the Goat to return.



Suddenly, a Calf appeared along the path leading towards the Lion's cave. "Am I too late to see the old King before he dies?" she asked breathlessly?

"No, no, you are not too late," replied the Fox. "But wait, I don't think you should ..."

But the Calf didn't wait to hear the Fox's warning.

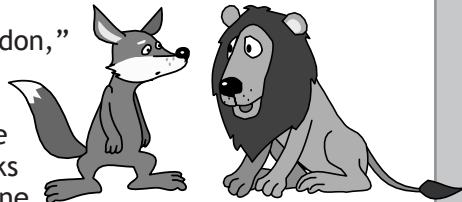
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◀ continued

She scampered into the Lion's cave to pay her respects to the fading King. The Fox continued to pace back and forth awaiting the return of the animals from the cave.

After what seemed like hours, the Fox was surprised when the old Lion appeared at the mouth of the cave. The Lion had heard the Fox outside his cave and, with a rush of new-found energy, came to investigate. "Why do you not come and pay your respects to me?" demanded the Lion.

"I beg Your Majesty's pardon," said the Fox. "I have watched animals going into your cave, and while I see many hoof-marks going in, I can see none coming out. Until the animals that have entered your cave come out again I choose to remain out here - safe in the open air."



**It is easier to get into the enemy's toils than out again.**

## Discussions

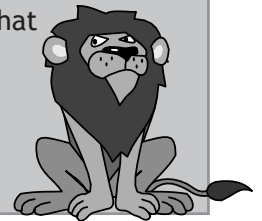
In your groups, discuss ...

- How do people make good choices?
- When people have a difficult choice to make, what are some strategies they could use to help them decide what to do?
- Who are people that can help us make good choices?
- Who do you feel is a good role model due to their ability to make good choices?
- Why do you think some people are admired, even though they make some terrible choices sometimes?



## Questions




1. Why were the animals going to see the Lion?
2. Why did they hesitate outside the Lion's cave?
3. The Fox had two options - what were they?
4. What would have happened to the Fox if he had gone into the cave?
5. Do you think the Fox did the right thing? Why?
6. Do you think it was difficult for the Fox to make the choice not to go into the cave? Why?
7. What are some difficult choices we have to make sometimes?
8. Why are some choices difficult?
9. How do you decide what you are going to do?
10. Why do you think people make bad choices?






*"Every single moment of your life you must choose from a number of alternatives. What you choose determines where you will end up."*

Shall Sinha

## Suggested Activities

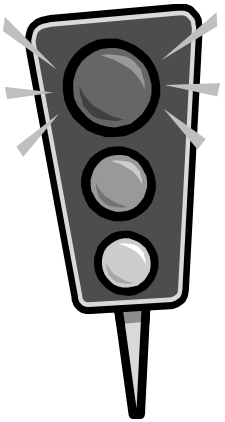
-  **Easy Choice vs. Tricky Choice:** Make a list of at least 10 easy choices to make and 10 more difficult choices to make. Then think about why some choices are easy and why some are difficult.
-  **Traffic Lights:** Make your own set of traffic lights to help remind you how to make good choices (see page 3).
-  **Tricky Situations:** In groups, brainstorm as many situations as you can that could make it very hard for a young person to make the right choice.

-  **Agony Aunt:** Write a letter to a magazine for young people about a difficult choice you have to make. Swap letters (you can keep them anonymous if you like) and then answer the letters with good advice.
-  **Script Writing:** Choose a tricky situation from your brainstorming and write a play script for three or four people. Remember the main character has to eventually make the right choice.
-  **Role Play:** Act out your plays, making sure you show the audience how the characters were able to stop and think before they rushed into trouble.

# Traffic Lights

## Stop, Think, Go!

Whenever you face a difficult choice, picture a set of traffic lights in your mind:



### Red = Stop

Pause for a moment before you rush into something that may be tricky to get out of.

### Orange = Think

What are your options and what are the consequences?

### Green = Go!

Choose the option with the best consequences and move on!

Look in the *Adding Value* section of the YNZF website at [www.youngnz.org.nz](http://www.youngnz.org.nz) for a traffic light template you can download.

## Gemstones: a resource for students

### A Little Gem



In *Gemstones Adventure 4*, the Boy meets Elvis – the coolest guy the Boy has seen in a long time. The Boy quickly left the path he was travelling on to see more of what Elvis had to offer. Initially, everything the Boy saw he liked and he was very tempted to stay with Elvis and forget about making it to his final destination – Triple Peaks, and then home.

- ◆ Make a list of all the things or situations that could tempt you from the right path – they could be big or small.
- ◆ For each item on the list, give it a score out of 10 for how difficult it would be to ignore (10 being extremely tempting and hard to ignore, and 1 being not very tempting at all and easy to ignore).
- ◆ Look at all the items you scored highly and think about how often you face those temptations. Give these items a second score, this time an A, B or C ('A' means you face it often, 'C' means you seldom face it).
- ◆ Now look at the 'A' items on your list. Share these with your class. (Some students may not be comfortable sharing this information.)
- ◆ Together, discuss ways you can resist these temptations that could cause you to stray off the path that is right for you!



You are the person who has to decide

Whether you'll do it or toss it aside

You are the person who makes up your mind

Whether you'll lead or will linger behind

Whether you'll try for the goal that's afar

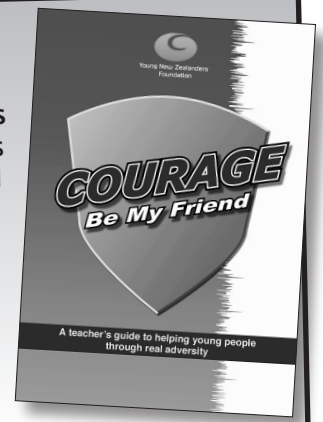
Or just be contented to stay where you are.

Edgar A. Guest



## Hot off the press!

In response to the Christchurch earthquake in February, the Young New Zealanders Foundation has produced a resource kit called *Courage Be My Friend*. It aims to help young people cope with the loss and grief experienced and to build resiliency to change. The kit has been sent to all Canterbury schools with students in Years 7 and 8 – however, we know many students and their families have relocated to other parts of New Zealand. If you feel you have students who would benefit from *Courage Be My Friend*, you are more than welcome to order a copy for your school by going to the YNZF website at [www.youngnz.org.nz](http://www.youngnz.org.nz), click on the *Teachers* link in the *Courage Be My Friend* section and fill in your details.



## Want to receive *Adding Value*?

*Adding Value* is emailed as a free PDF to all teachers who join the mailing list by sending their name, school and email address to [newsletter@youngnz.org.nz](mailto:newsletter@youngnz.org.nz) with "Subscribe" in the subject line.



# Survivor By Choice

Making choices can be tricky, especially when there are some surprising consequences! This activity encourages students to make choices, stick with their choices, and live with the consequences!

Students need to decide what they will take with them to a deserted island in the Pacific. Each item has points attached to it – some will end up with no points, others will have plenty. Each point collected can be likened to a day on the island and the winner of the game is the team that ‘survives’ the longest!

Worksheets for this activity can be downloaded from [www.youngnz.org.nz](http://www.youngnz.org.nz) – click on the link for *Adding Value Issue 6*.



Once you have made your list, write next to each item the reason why you chose it. Share your choices with your class, but you CANNOT change your mind after hearing what other people have on their lists!

Now your teacher is going to read out the point value for each item – total your score ...

## Who will be the ultimate Survivor By Choice?

### Instructions

You and three friends are off on an adventure to a deserted Pacific Island. As a group you need to decide which five items, from the list below, you are going to take with you. Choose wisely, for every choice has a consequence! Your team’s survival depends on the choices you make!

- |              |                            |
|--------------|----------------------------|
| Sunscreen    | Mosquito Net               |
| Matches      | Blanket                    |
| Fishing Rod  | Mobile Phone               |
| Rope         | Knife                      |
| Hat          | Pot                        |
| Water        | Money                      |
| Book         | Fishing Hooks              |
| Tarpaulin    | Bag of Rice                |
| Compass      | Bucket                     |
| Sleeping Bag | Plastic Container With Lid |

### Afterwards

Discuss with your class:

- Which were the successful choices your team made, and which were not so successful?
- What made it easy to choose?
- What made it difficult to choose?
- How is the game like real life?
- How is it different to real life?

## What do you think?

Do you have any comments, questions or requests for themes in up-coming issues? Do you have photos of students taking part in *Adding Value* activities worth sharing?

We would love to hear your ideas and see photos. Email [newsletter@youngnz.org.nz](mailto:newsletter@youngnz.org.nz) and watch out for photos in the *Adding Value* section of the YNZF website at [www.youngnz.org.nz](http://www.youngnz.org.nz).

**Please Note:** Remember to check that it is OK to share work before sending it in!

You have brains in your head. You have feet in your shoes.

You can steer yourself. Any direction you choose.

You’re on your own and you know what you know. And YOU are the one who’ll decide where to go.

*Oh, The Places You’ll Go!*  
by Dr Seuss

