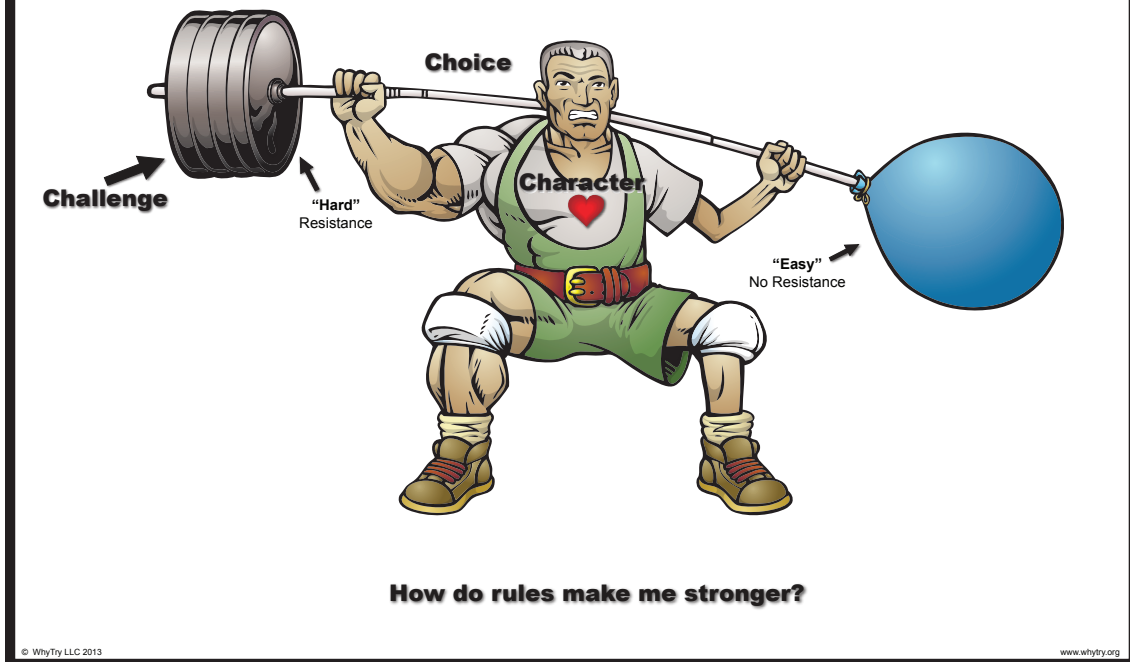


# Lift The Weight



## Lift the Weight Elementary Journal: Conclusion Activity for Overview Lesson

Have students divide their introductory activity page in half. On the top half, have them write, "Me in 10 years if I follow the rules." On the bottom half, have them write, "Me in 10 years if I don't follow the rules." Tell them to try and imagine what they will be doing in 10 years if they break rules at home, school or in the community. Then ask them to imagine what they will be doing in 10 years if they follow those same rules. Have them draw a picture or write about themselves in each situation under each heading. Help them think about the consequences that might occur for following or breaking certain rules or laws.