

Lesson Plan

What is Conscience Activity

Objective

Students will understand the following:

1. Your conscience helps you feel in your heart and mind whether your action is right or wrong.
2. Your conscience compares what you want to do against your core values to help you decide if an action is in-line with those values.

Grade Level

Grades 2 - 4

Standards

Supports learning standards in social studies and health.

1. Students understand the individual responsibilities of citizenship and promoting a civil society.
2. Students demonstrate the ability to use decision-making skills to enhance health and to create positive personal relationships.

SEL Topics:

- Self Awareness, Self Management
- Decision Making

Character Traits:

- Honesty, Responsibility Caring, Fairness, Respect

Materials

Links to all materials can be found in the online version of this [Lesson Plan](#)

1. What is Conscience Worksheet
2. What is Conscience Activity
3. Build Your Own Conscience 3000-s

Vocabulary

Conscience- The voice in your head and feeling in your heart and that tells you if something is right or wrong.

Core Values- Core Values are guiding beliefs about how people should act and treat each other. Some examples of core values are Honesty, Respect, Responsibility, Caring, and Fairness.

Procedures

Define what a conscience is:

Your conscience are the thoughts and feelings that help you know if something is right or wrong.

What are some ways your conscience tells you something is wrong:

- Achy heart, tight feeling in your stomach, nervousness
- Feelings of worry, fear of getting in trouble, wanting to hide your action from others

What are some ways your conscience tells you something is right:

- Heart full of warmth or glow
- Feelings of pride

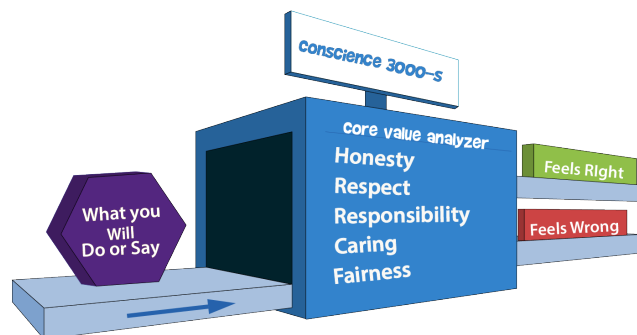
How a conscience works:

Throughout your life you learn core values, which are the guiding beliefs in your family and society about what is right and wrong. Core Values guide how people treat each other so everyone can get along better.

Examples of Core Values: Honesty, Respect, Responsibility, Caring, Fairness.

When you are ready to do or say something, your conscience works super-fast to compare what you want to do against your core values. If the action is in-line with your values (what you know is right), it sends your body and mind signals that feel good about the action. If the action is not in line with your core values, your conscience sends you signals that let you know something is wrong in the action.

Your conscience is kind of like a super-fast computer app: You put in an input, it does a fast comparison with your core values, and gives you an output about whether the choices is right or wrong.



Why a conscience is important to a society:

As a society, we agree that certain ways of behaving are right or wrong so that we can live together safely and positively. Our consciences help us all decide, very quickly, if something is the right or wrong thing to do.

The good feelings that come with good choices encourage people to do good things.

The uncomfortable feelings your conscience sends for making “wrong” choices help keep people from doing things that might hurt themselves or others.

Your conscience helps you make choices that are healthy, that help you get along with others, and that help you feel good about yourself.

Complete a Conscience Activity

Find these activities in the online version of this [Lesson Plan](#).

Option 1:

What is Conscience worksheet- this worksheet can be printed or filled in online for remote learning. Students review scenarios and decide if they feel right or feel wrong.

Option 2:

What is Conscience Interactive Activity- In this activity, students create a Conscience 3000-S with paper, cutting and pasting scenarios and whether the actions feel right or wrong.

Option 3:

Build a Conscience 3000-S- Build an interactive Conscience 3000-S using a box and printable actions/answers. Students input action cards and determine if an action feels right or wrong.