



# The MJR Podcast - a GPS for Life!

mjrpodcast

## Episode Three: Choices – I Don't Have Any Choice OR Do I?

Choices are huge part of learning and growing up. Reflecting on past mistakes and failures will improve our ability to make better choices. This podcast uses a beautiful story of the true meaning of love and how making positive, well thought out choices that will allow others and yourself to flourish.

### AFTER LISTENING TO THE PODCAST HAVE FUN WITH THIS 3-2-1

#### THREE – Understandings/Questions

1. In this story of Shay, who do you think had the hardest choices?
2. Chris, who was interviewed, spoke about his dream of being involved with IT/STEM and he was given choices early in his schooling. What are your dreams and what choices do you have now that may decide if your dreams can come true?
3. The title of this podcast is **I don't have any choice OR do I?** Pick an area or topic that occurs at home (eg bedroom, chores, sisters & brothers). Decide what are some of your poor choices, and then some of your better choices concerning these.

#### TWO – Challenges

1. If you were in the crowd watching this game, describe with a sentence, involving at least three great adjectives, how you would have felt.

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2. Autistic basketball player, Jason McElwain's inspirational story can be seen at <https://www.youtube.com/watch?v=l2IU1h9sG7U> Take a moment to watch this story that demonstrates great choices – by his coach and his team mates.

#### ONE – Activity

1. Share Shay's story or Jason's YouTube video with a friend, a classmate or someone at home. What was their reaction?