

## Dinner Dilemmas

To create family discussions that promotes Character Education in Pinellas County.

<p><b>April</b></p> <p><b>Self-Control</b></p> <p><b>Managing your emotions and choosing acceptable behavior.</b></p>	Week 1	Week 2
	<p>Situation: Sam and his brother are home alone. His parents have a strict rule about no snacks before dinner.</p> <p>Dilemma: On the one hand Sam can give into his temptation and raid the cookie jar. On the other hand Sam knows he should show self-control and wait until after dinner.</p> <p>Discussion: What advice do you have for Sam?</p>	<p>Situation: Sam is playing ball with his friend. The ball accidentally hits Sam hard. It hurts, begins to swell, and is turning red.</p> <p>Dilemma: On one hand Sam is very angry and wants to throw the ball back at him to show his friend it hurts. On the other hand Sam knows he should show self-control and calm down.</p> <p>Discussion: What advice do you have for Sam?</p>
	Week 3	Week 4
	<p>Situation: Sue's best friend becomes friends with a new student. Sue is jealous and worries about losing her best friend.</p> <p>Dilemma: On the one hand Sue wants to tell her friend not to sit with the new student at lunch. On the other hand Sue knows she should show self-control and talk about her feelings.</p> <p>Discussion: What is your advice for Sue?</p>	<p>Situation: The students in Sue's class are loud and noisy. The teacher is trying to get their attention.</p> <p>Dilemma: On one hand Sue wants to finish her conversation with her friends. On the other hand Sue knows to show self-control she needs to stop talking.</p> <p>Discussion: What is your advice for Sue?</p>

Dinner Dilemmas are designed to be sent home once a month with the students. Schools that send home a weekly newsletter could print one dilemma each week in its publication. During the week families are asked to discuss the dilemma. It is hoped that families will talk about the dilemma and decide how the character quality of the month relates to the situation presented. It is further hoped that families will discuss the dilemma of the week and decide how the character quality of the month applies to each family member.