

Making Good Choices – Activity 3 - Practice



Purpose:

We want our child(ren) to Make Good Choices. When children Make Good Choices, they will have better relationships, experience more positive outcomes, and be more successful.

Materials:

Matching Good Choices Worksheet
Scissors and Glue

Lesson:

Here is a fun activity to practice *Making Good Choices*. Print out the attached worksheet and cut out the 12 choices from the bottom of the page. Read each situation, use the steps for *Making Good Choices*, and match the choice you would make with each situation.

You can also use this worksheet without printing it out by discussing each situation, practicing the steps to *Making Good Choices*, and selecting a choice from the bottom of the page.

Matching Good Choices

Cut out the choices from the bottom of the page. Read the situations on the top of the worksheet. Using the steps for *Making Good Choices*, match each choice with a situation.


Someone takes something that is yours.		Your classmate broke your crayons/pencils.	
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Your team lost a basketball/soccer game.		You were not invited to attend a birthday party.	
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Someone bumps into you at recess and knocks you down.		Your friend will not play with you at recess.	
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Someone talks bad about someone you care about.		Someone calls you a name.	
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Your teacher does something you think is not fair.		Your teacher tells you to go to the office because you kept talking back.	
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Talk to someone about the situation.	Walk away.	Take a break.	Count to ten.
Breathe in and out slowly.	Ignore the person.	Think of a place that makes you calm.	Spell your name backwards in your head.
Exercise.	Listen to your favorite music.	Draw or paint a picture.	Write in your journal.