

Materials	Paper, markers
Learning Outcome	Apply a decision-making process to problem scenarios and analyze if it is applicable.

Description

Ask the child to share the processes that they follow (if any) when making a decision. Allow them time to think about it and discuss their answers when they are ready. Present the following 5-step guide for decision-making:

Step 1: Identify the problem.

Step 2: List your options.

Step 3: Consider the different outcomes.

Step 4: Make your decision.

Step 5: Evaluate your decision.

Cut up a piece of paper into smaller pieces and write decision-making scenarios on each paper. Example scenarios are:

- At recess, a classmate that is new to school asks to join the game you are playing with your friend. Your friend says “no way” and walks away calling for you to follow them. What do you do?
- At the end of your soccer game in the summer, you overhear a teammate saying “bad game” to the other team as you shake hands. What do you do?
- You are over at a friend’s house on the weekend and the friend encourages you to do something that you do not think is safe. What do you do?
- You accidentally broke a glass decoration at home and you know your family will be upset. What do you do?
- A friend keeps referring to you by a nickname that you do not like. You tell them you do not like the name and ask them to stop using it. The friend does not listen and tells you to “lighten up”. What do you do?

Discuss the scenarios with the child and go through each step to brainstorm the best decision. Ask the child if this is a process they can use in the future. If the child is unsure, talk about steps that can be modified or ask them to share other ideas for making decisions. Encourage the child to use their decision-making process whenever they are faced with a problem. Be sure to tell the child that you are there to support them with coming up with solutions whenever needed.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *What part of the decision-making process did you find the easiest? Hardest?*
- *How do you think decision-making is related to emotions?*