

<b>Materials</b>	Markers, access to the internet (optional)
<b>Learning Outcome</b>	Create a decision tree to develop decision-making skills and consider all the factors of a problem.

## Description

Ask the youth to think of a decision they will need to make today. It could be if they should have a nap, if they should go for a run, or if they should post something on social media. Explain that they will create a decision tree to support them with making their decision.

A decision tree is a diagram that uses a branching method to illustrate every possible outcome of a decision. Although it will be used for the purpose of making a simple solution today, inform the youth that they can use a decision tree in the future to support difficult decisions they may need to make. The decision tree can be completed online or on paper. If completing it online, visit the [What is a Decision Tree](#) blog to find out more and try using [Venngage](#) or a similar online tool to create a digital decision tree.

If completing the decision tree on paper, start by creating a “*Should I...*” question and writing it at the top of the page. Next create two lines (branches) from the question and label them Yes and No. For the Yes and No, create another question for both. Questions can start with:

- Is it...?
- Am I...?
- Will I...?
- Do I...?
- Have I...?

For example, if making a decision tree for if you should go for a run, a question could be “*Do I have enough time?*” or “*Will I be home in time for dinner?*”. Continue creating branches and questions to think about all the factors to consider before making a decision.

Remind the youth that decision trees can be used to support making difficult decisions as well.

## 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 youth the reflection questions below and discuss the answers together.

- *Why do you think decision trees were invented?*
- *Can you see how using a decision tree may be helpful for making other decisions? Why?*