

Materials	Paper, markers (red, yellow, green)
Learning Outcome	Give an example of a problem and describe the decision-making steps required to solve the problem successfully.

Description

Start by asking the child if they can think of a time that they had a problem that they had to make a decision about and it was hard for them to decide what to do (e.g., choose between two friends, only one cookie left to share with their sibling, etc.)?

Explain that you will share with them a process they can use to help them solve problems and make decisions. Tell the child that you will use a traffic light approach and ask them to tell you the colours on a traffic light.

On a piece of paper, draw a red, yellow, and green circle with the words *stop*, *think*, and *act* beside each corresponding colour. Explain the following:

Red means *stop* - sometimes if you react right away you might make a decision you regret.

Yellow means *think* - ask yourself: what are all of my choices? which is the better choice?

Green means *act* - respond and follow through with what you decided in a way that does not hurt yourself or others.

Use the example the child came up with and follow the *stop*, *think*, and *act* process. Support them with coming up with different choices (or solutions) for the problem.

Ask the child if there are other problems they can think of that they can use the traffic light approach with or invite them to phone or video call a friend to explain the process.

Post the traffic light paper in your home and encourage the child to use it when they need a reminder about decision-making strategies.

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.

- *Did you find it easy or difficult to stop, think, and act? Why or why not?*
- *If you had to share the traffic light approach with someone, who would you share it with? Why?*