

Decision Making Skills

Counselor's Presentation
Grades K-3



How to Make Good Choices

- What is the choice I need to make?
- Will my choice get me in trouble?
- Will my choice put me in danger?
- Will my choice hurt myself or others?
- Do I need to ask for help?



Easy Choices

- Some choices are easier to make than others. Sometimes you must make a decision from the choices given to you. In the choices below, choose the best one for you.

- hamburgers or hot dogs
- cats or dogs
- summer or winter
- playing a game or riding a bike



Hard Choices

- Read the choice and decide what would be a good decision based on the questions you ask yourself.
- Charlie is very angry with Ben and wants to yell at him. What is the question Charlie needs to ask before giving into his anger?

Another Hard Choice

- Susan's mother asked her to do the dishes but her favorite TV show is on. What should Susan think before making her choice?



Another Hard Choice

- Robbie is really hungry and his friend, John, offers to let him get in line in front of him. What should Robbie ask himself before deciding where to stand in the lunch line?



What I Choose Affects Others

- Everything we do makes a difference in someone else's life.
- Good choices may let others' lives get better.
- Bad choices may cause problems for others.
- Good choices and considering others before you make a choice will help you lead a happier, healthier, and safer life.

What Happens Next

- Your choices and actions have consequences.
- Some consequences are good and some are bad.
- A consequence is the what happens next.
- Before making a decision, think ahead to what could happen.



Correcting Bad Choices

- Sometimes we all make mistakes. We make bad choices even when we know the consequences are going to be bad.
- When we make poor choices, we feel sad, scared, or angry.
- Since we can not always make good choices, we need to know how to correct our poor choices.



Mistake Correcting Rules

- Look the person in the eye and say, “I’m sorry.”
- Ask for a time out to think of a plan.
- Ask the person you hurt what you can do to help.
- Ask an adult for help if needed.
- Remember and learn never to do the same mistake again.



Setting Goals

- We set goals to get what we want.
- Think of a goal to reach.
- Decide on the choices you have to make to reach the goal.
- Remember it may take time so be patient.

