



# Decision-Making Grades 3-5

## Language of Health Literacy:

The difference between a thoughtful decision and a quick decision is \_\_\_\_.

A thoughtful decision I will need to make soon is \_\_\_\_.

This decision connects to my health because \_\_\_\_.

### Step 1

One option is to \_\_\_\_.

Someone could decide to \_\_\_\_, \_\_\_\_, or \_\_\_\_.

I need help deciding \_\_\_\_ because \_\_\_\_.

\_\_\_\_ doesn't feel healthy/safe because \_\_\_\_.

I need help.

If I decide to \_\_\_\_, then \_\_\_\_ (will happen).

\_\_\_\_ could happen if I \_\_\_\_.

### Step 2

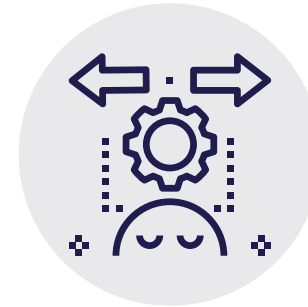
\_\_\_\_ is a healthy option for me because \_\_\_\_.

\_\_\_\_ is not a healthy option for me because \_\_\_\_.

I have decided to \_\_\_\_.

I made this decision because \_\_\_\_.

### Step 3



## Step 1: Identify Decisions

### Sub Skills:

- Define thoughtful decisions
- Identify health-related decisions



## Step 2: Brainstorm Options & Outcomes

### Sub Skills:

- List options for decisions
- Identify when help is needed for a health-related decision
- Predict outcomes of each option



## Step 3: Make a Decision

### Sub Skills:

- Make a health-related decision
- Communicate decision to others



## Step 4: Look Back & Learn

### Reflection Questions:

- How did the decision make me feel?
- What options did I think about at first?
- Why did I choose the option I did?
- What might happen next after this decision?
- How did asking for help make my decision healthier?
- Would I make this decision again? Why or why not?
- What do I want to remember next time I have to make the same decision?