Decision-Making
Grades 3-5

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?