



## Teaching Progression:



### Step 4: Look Back & Learn

#### REFLECTION QUESTION(S):

- 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?

#### GUIDING QUESTIONS:

How do I learn from my decisions? How do I know when I have made a healthy decision?

#### VALUABLE VOCABULARY:

*reflect,  
negative,  
positive,  
outcome*

#### NHES PERFORMANCE INDICATORS:

(5.5.6) Describe the outcomes of a health-related decision.



#### SUGGESTED LEARNING ACTIVITY:

Ask students questions that will help them understand the importance of looking back on their progress in working toward a goal. For example ask the following 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?

Ask students to share their reflections aloud about different decisions related to health. Celebrate students for naming the specific reasons they chose certain options. Remind students that reflecting, or looking back, at their decision and how they made it, will help them make healthy decisions in the future.

#### TEACHING NOTES:

- Provide many opportunities for students to answer these questions.
- Allow students to reflect in a variety of modes, including: through drawing, writing, partner discussion, whole-class discussion, and one-on-one conferencing.
- Model this reflection process for a decision you have made.