

# HomeFront. PROJECT

# KIDS

Teach, Empower and Enjoy Your Children.

## Sequence of Success Decision Making Skills

### Think about these different situations:

- Going to a party where you know there will be alcohol.
- Choosing whether or not to let a friend copy your homework.
- Choosing healthy foods instead of junk food.

Each of these situations require different levels of decision making. In these situations, you need to use decision making skills to make a healthy choice.

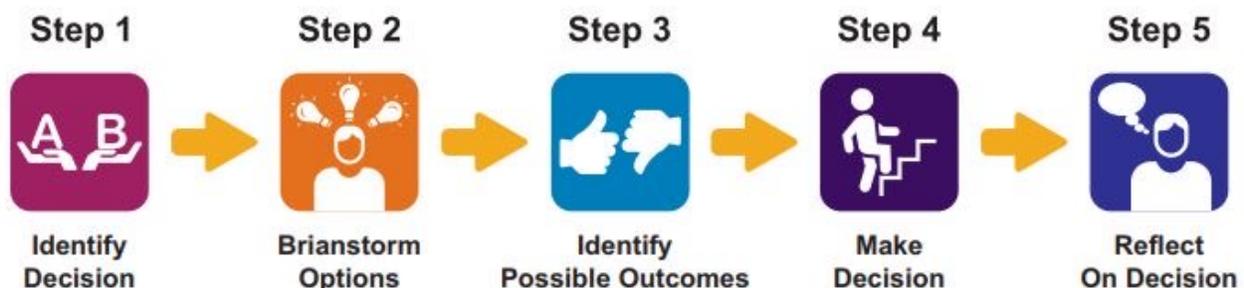


### The Process of Making a Good Decision:

Let's consider the situation above – whether or not you should let your friend copy your homework. Before you can make a decision, there are five steps that need to be considered:

1. Identifying a decision that needs to be made
2. Brainstorming possible options
3. Identifying possible outcomes for the options
4. Making a decision
5. Reflecting on the decision

### The Model



## Sequence of Success

### Decision Making Skills

1. Identify the Decision: In this situation, the decision that needs to be made is whether or not you will let your friend copy your homework.
2. Now you need to brainstorm possible options for this situation.
  - Let your friend copy your homework
  - Politely tell your friend no
  - Rudely tell your friend no
3. Now let's discuss the possible outcomes for each of the options:
  - Let your friend copy your homework: Outcomes - your friend may be thankful for the moment, but you could get in trouble with your parents, teachers, and others, and may be labeled a cheater and others may ask to copy your work. You could get bad grades from cheating.
  - Politely tell your friend no: Outcomes - Your friend could be upset with you but you are standing up for yourself and you will not have to face negative consequences from your parents or teachers from allowing your friend to copy your work.
  - Rudely tell your friend no: Outcomes - Even though you may not get in trouble with your parents and teachers your friend will probably be upset with you not only for refusing to let them copy your work but also for being mean to them when you said no.
4. Having thought through all the options and outcomes it is now time to make a decision. For our situation, we decide that we will politely tell our friend that we will not allow them to copy our homework.
5. Now it is time to reflect on our decision. This is the time to learn from our decision and the outcome of the decision. This is the time to ask some of the following questions to evaluate our decision. Ask yourself some of the following questions:
  - What was the decision I made?
  - Why did I make the choice that I did?
  - Did the decision that I made work? Why or Why not?

## Sequence of Success Decision Making Skills

- How did this decision affect my health?
- Would you make this decision again?

Reflecting on our decision we found that while our friend was not happy we said no to allowing them to copy our homework, they now know not to ask in future, and our teacher overheard our reply and commended us for our integrity. Great job making a decision!

Sometimes you may need to decide between “impulsive” decisions, (decisions made quickly without thinking), and “thoughtful” decisions. Try it out. Can you determine which of these decisions are thoughtful or impulsive?

**Impulsive:** As you watch this clip, keep in mind that Aladdin was instructed to only take one thing from the Cave of Wonders. Watch how his friend Abu is not able to think through the outcomes of his decision.

[Click here to watch the clip from Aladdin](#)

Or go to: <https://www.youtube.com/watch?v=idfhlmfDJ7k>

**Question:** Why was Abu’s decision to pick up the jewel impulsive?

**Thoughtful:** Moana is trying to return the heart that has been taken, but there is someone who has been trying to take it from anyone who comes close. Moana must make a decision based on new information.

[Click here to watch the clip from Moana](#)

Or go to: <https://www.youtube.com/watch?v=A4QuKwfv6Wk>

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Question: What made Moana's decision to return the item thoughtful and not impulsive?

### References:

<https://www.aeseducation.com/blog/best-decision-making-activities-middle-school>

<http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/Grade-MS-Decision-Making.pdf>

What good decisions might these people have made?

