

## Decisions: What Are My Choices?

Grades 1–2

15 minutes

**Children will learn about making decisions for themselves.**

Learning Targets	SEL Competencies	Materials
Children will: <ul style="list-style-type: none"> <li>Understand the terms <i>choice</i> and <i>decisions</i>.</li> <li>Understand how to make a decision given four choices.</li> </ul>	CASEL 5: Responsible Decision-Making  Skills: Making a reasoned judgment after analyzing information	<ul style="list-style-type: none"> <li>Four different kinds of crackers (enough for each child to have one)</li> <li>Serving tray</li> </ul>

### Teach

Place four different kinds of crackers on a tray. Hold up each different kind and briefly describe it. Have pairs tell which kind of cracker they might want to try. Then, present the tray to each child, inviting them to select one cracker. Tell children not to touch any of the crackers until they decide which one they want to select. When everyone has a cracker, ask pairs to talk about their choices and what decision they had to make.

Define *choice* and *decision* for children. Point out that the tray of crackers offered four choices and that children made a decision when they selected a cracker. Tell children people can only make decisions when they have choices. Provide an example such as: *If your parents tell you to be in bed by 8:00, you don't have a choice, so you don't have a decision to make. If your parent asks if you want to wear your dinosaur pajamas or your tiger pajamas to bed, you have two choices and you can make a decision.*

### Reflect

- How does it feel to make your own decisions?
- What decisions do you get to make at home? At school?



#### Expand

Have children think about decisions made by characters in stories they are reading in class. What choices do the characters have? How do they make decisions?



#### Adapt

Instead of crackers, use some other kind of healthy treat, being sure to consider dietary and cultural needs. Non-food objects can also be substituted.

This activity can also be used along with Lions Quest health and prevention resources.