

MAKING DECISIONS CAN BE TOUGH

<p>OBJECTIVES</p>	<p>Sometimes, it is really hard to make decisions, but it helps to REALLY know what you like.</p> <p>For example, if you have to decide whether you want to go to the movies with your friends or go to your favorite restaurant with your family, which would you do?</p>
<p>MATERIALS NEEDED</p>	<p>Pen or pencil</p>
<p>STEP BY STEP</p>	<p>What helps you decide what to do? Set a timer (for 10 minutes if you are home, or 2 minutes if you are in public) and pick one option when the timer rings. (Talk about a hard decision you had to make.)</p> <p>How do your friends help you make decisions? Name 3 people you can go to for good, reasonable advice. (Talk about a great decision you had to make.)</p> <p>Do you ever make decisions that your friends think are wrong? Let's talk about it.</p> <p>When you think one of your friends is making a poor decision, what do you do about it?</p> <p>What are some decisions your parents let you make on your own?</p> <p>Do you like to make decisions on your own or do you like to get help making them? Let's talk about it.</p> <p>Make your next choice easier and work at filling in the following columns. (See next page)</p>
<p>FOLLOW UP ACTIVITIES</p>	<p>Do you know if you have to make a decision in the future? Create a plan for making that decision.</p>
<p>MODIFICATIONS</p>	<p>Younger learners</p> <p>Older learners</p> <p>Learners with special needs</p>

Name:

Date:

	Right now, I love...	Right now, I like...	Right now, I dislike...
BREAKFAST FOODS			
TV SHOWS			
VIDEO GAMES			
APPOINTMENTS			
LUNCH FOODS			
HOLIDAYS			
DINNER FOODS			
DAILY ROUTINES			

