



Educator guide: Making decisions lesson

Recommended for grades:

1st grade

Time:

4 minutes

National Health Education Standards:

This lesson aligns with the following National Health Education Standards:

- Standard 4: Use a decision-making process to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Recognize the five steps to making a decision.

Activity description:

In this lesson students will learn the five steps to making a healthy decision. Students will then walk through a simple example of making a healthy decision.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Making decisions lesson. You may choose to use this list in any way that fits your needs.

- Decisions – choices you make every day between one thing or another
- Healthy – good for your mind and body
- Trusted adult – a grownup that you are close to and who cares about you, such as a parent, family member, teacher, school counselor, etc.



Supplemental activity: Choose your own adventure – “Devonte’s Big Day”

Objectives:

After completing this activity students will be able to:

- Practice making decisions related to mental and emotional health.

Materials needed:

- “Devonte’s Big Day” story (found on the following pages)
- “Devonte’s Big Day” illustrations (found on the following pages)

Time required:

25 minutes

Instructions:

Print yourself a copy of “Devonte’s Big Day” story and illustrations (found on the following pages.) Before reading the story, tell students that their goal is to help Devonte make healthy decisions while having a fun day at the park. Review the five steps to making a good decision covered in the online lesson. For each of the four decisions, utilize the five steps with students. For each of the four decisions Devonte will make during the story, show your class the corresponding illustration to help them make their decision. Allow discussion of what students think might happen before each decision is made. If students choose the wrong option, read them the section again and allow them to make a different choice.

“Devonte’s Big Day”

Devonte’s grandpa took him to the park to play with his friends. Devonte is excited that he’ll get to spend so much time outside playing! Once they get to the park and Devonte finds his friends, there are some bigger kids on the playground too. One of the bigger kids makes fun of Devonte’s shoes.

Decision 1: Should Devonte say a hurtful comment back to the older kid or disagree with him and go to be with his friends?

If students choose hurtful comment: Devonte chose to say a hurtful comment back, and it led to a big argument on the playground. Devonte felt so sad, he didn’t want to play anymore. He asked his grandpa to take him home. [END]

If students choose go back to friends: Devonte felt sad when the older kid made fun of his shoes, but he decided that he liked them and it was okay to disagree. Devonte’s friends encourage him to come play with them and so they all play together in another area of the playground. Devonte was happy to have his friends with him and quickly forgot about the mean comment. [CONTINUE]

Quinn’s mom brought cake for everyone to share at the park. Devonte already ate some of the cake earlier and Quinn’s mom said there’s only enough for everyone to have one piece. Devonte still feels hungry though, and he wants to eat more! Quinn’s mom doesn’t know that Devonte already had cake and she asks him if he would like a piece.

Decision 2: Should Devonte say he hasn’t had any cake and get another piece or tell the truth that he has already had a piece of cake?

If students choose to take another piece: Quinn hears Devonte tell her mom that he would like a slice of cake. She knew Devonte already had a piece and is sad because now she won’t get to eat any. She’s mad at Devonte and doesn’t want to play with him anymore because she doesn’t trust him. [END]

If students choose to tell the truth: Devonte tells Quinn’s mom that he already had a piece and thanks her for the cake. Quinn gets to eat the last slice and shares a little of it with Devonte. They are both happy to eat the delicious cake and are ready to play some more! [CONTINUE]



Devonte and Miguel start a fun game of hide and seek. While they are looking for a place to hide in the park, some strangers approach them and ask if they want to go away with them. Devonte and Miguel don't know who they are, but they seem nice.

Decision 3: Should Devonte run to a trusted adult or go with the strangers?

If students choose trusted adult: Devonte and Miguel know that it isn't safe to go anywhere with strangers and decide to tell the nearest trusted adult. They both run and tell Miguel's mom, who tells them they made the right choice.

[CONTINUE]

If students choose strangers: Devonte and Miguel think that the strangers might know a good hiding place and decide to go with them. Devonte's grandpa immediately shouts at them to come back as he's walking towards them.

Devonte has to go home because his grandpa said he knows he's not supposed to go anywhere with strangers because it isn't safe. [END]

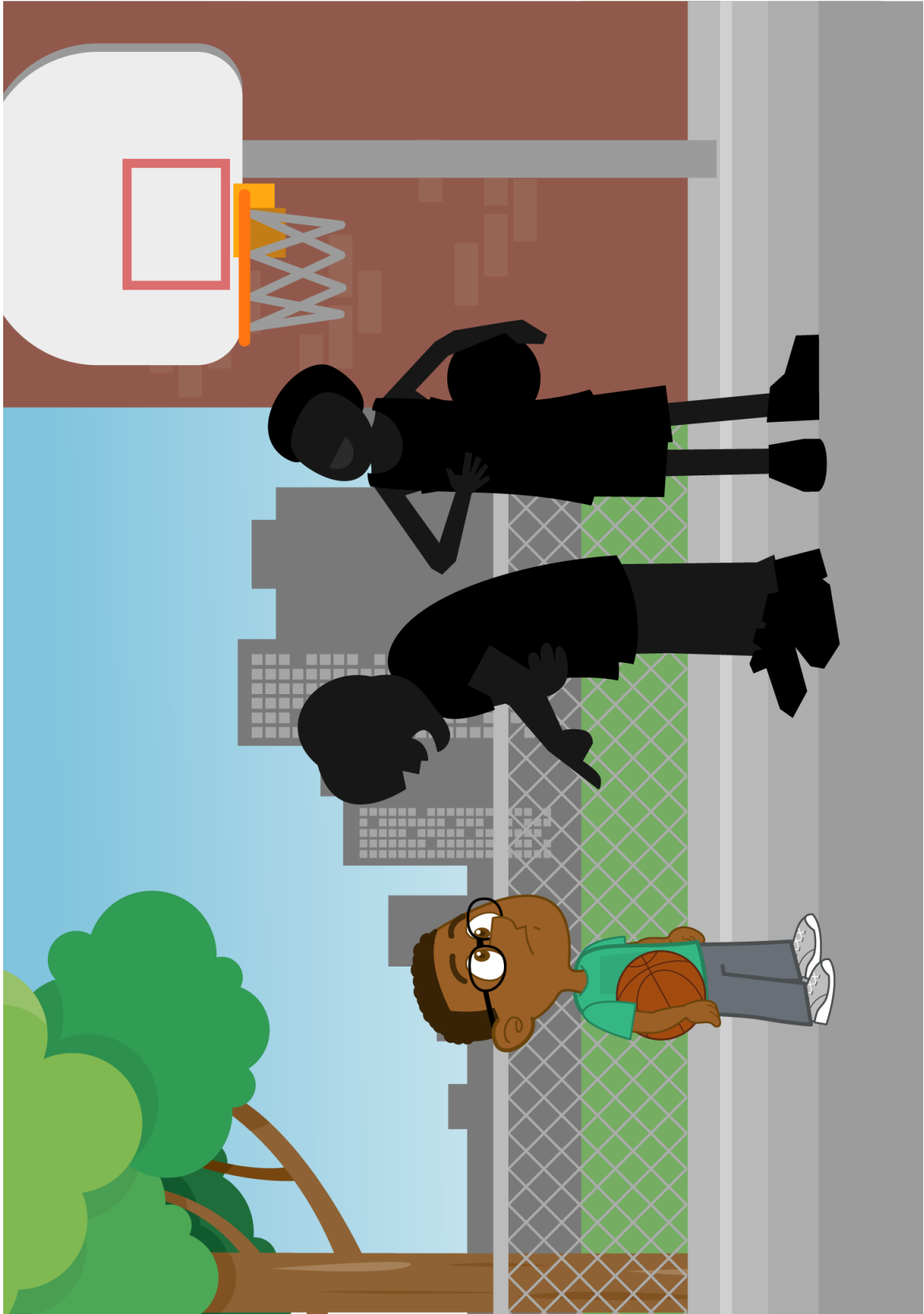
Zoe's dad rented a bounce house for everyone to jump and play in. Devonte is excited to go in and bounce around, but there are too many kids inside and he is asked to wait his turn.

Should Devonte wait his turn or go inside anyway?

If students choose wait: Devonte decides to wait his turn and watches his friends having a good time. Zoe comes out of the bounce house and tells Devonte he's going to have a blast. Devonte gets in and has a great time. Devonte had a great day at the park and is ready to go home with his grandpa after he finishes bouncing! [CONCLUSION]

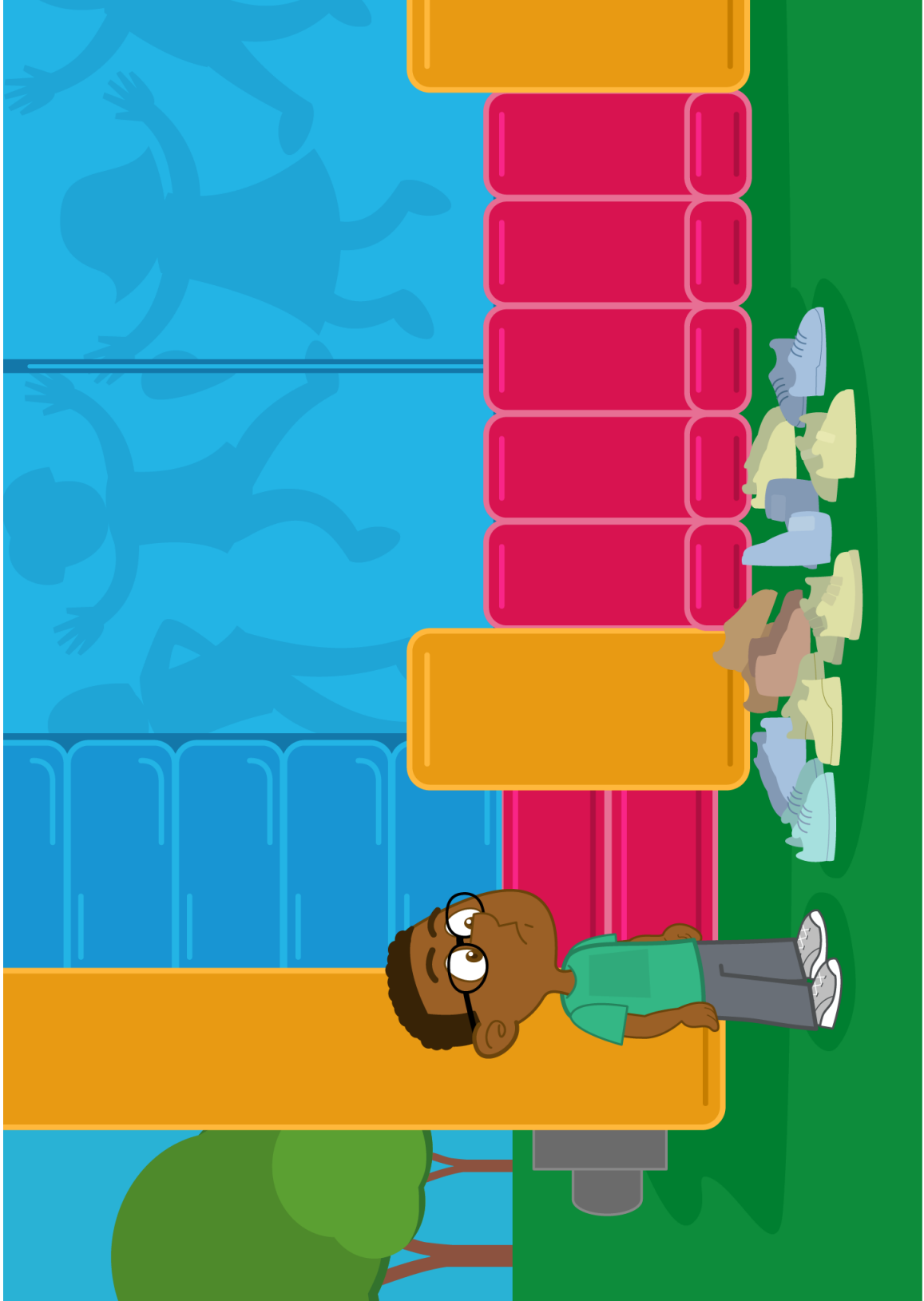
If students choose go inside: Devonte decides he can't wait and goes into the bounce house anyway. There are so many kids bouncing inside, that someone gets hurt and everyone has to get out. Everyone is mad at Devonte for being impatient and causing an accident [END]











Transcripts

Slide 1

Belinda Badger: Devonte and I are here today to talk about making healthy decisions, or choices! We all have to make decisions every day. We decide what to eat, who to talk to, and how to handle big feelings!

Devonte: Part of having a healthy mind is knowing how to make healthy decisions.

Belinda Badger: You're absolutely right, Devonte! Making healthy decisions is all about choosing to do what will make you healthier. We can make healthy decisions if we think through our options and guess what will happen next!

Slide 2

Belinda Badger: There are five easy steps to follow so you can make a healthy decision. The steps are: define the situation, look at your options, guess what will happen for each option, make your decision, and evaluate the results. Devonte is about to make a decision about eating the last cookie in the house. Let's use these five steps to help him make a healthy choice!

Slide 3

Belinda Badger: The first step in making a decision is "Define the situation." For Devonte, the situation is he's hungry and wants a snack. Once Devonte knows what the problem is, he has to "Consider the options." That's the second step in making a decision. In this situation, Devonte could either eat the last cookie, or he could ask his trusted adult to help him make a healthy snack.

Slide 4

Belinda Badger: Now that Devonte knows what his options are, he has to "Guess what will happen next" for each of his options. First he thinks about eating the last cookie. If he eats the last cookie, he might feel sick, because he already ate some cookies earlier. Also, he doesn't know if someone else wants the last cookie, and they might be sad if they don't get to eat it! Those all sound like negative things to Devonte. What do you think?

Slide 5

Belinda Badger: Now Devonte thinks about what will happen if he asks his trusted adult to help him make a healthy snack. He guesses it would be fun to make a snack with his grandpa, and he'll probably feel better than if he ate another cookie. That all sounds healthy and positive to Devonte, what do you think?



Slide 6

Belinda Badger: The next step is to make the decision! Devonte decides to ask his trusted adult to help him make a snack because he thinks it's the healthier choice. His grandpa helped him and told him he made a healthy choice! Your trusted adult can always help you decide if you're making a healthy choice or not, so don't forget to talk to them about any decision you have to make.

Slide 7

Belinda Badger: The last step is to evaluate the results. Ask yourself, or your trusted adult, if the choice you made ended up being a healthy one. In this case, Devonte realized he felt good after having a healthy snack and quality time with his grandpa, so he knew it was a healthy choice! Sometimes, you might realize you didn't make a healthy choice. That's okay! You can always make a healthier choice next time.

Slide 8

Belinda Badger: It can take more time to make a healthy decision than if you just did the first thing that came into your mind, but your body, and your mind, will thank you if you take the time to make a healthy choice!

Devonte: That's all for today, we'll see you next time!

Belinda Badger: Bye-bye!



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Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

