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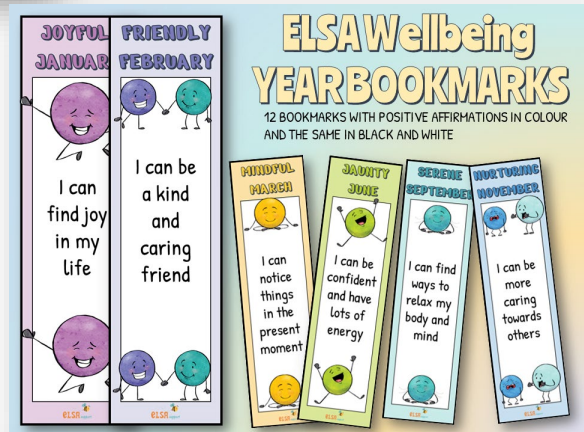
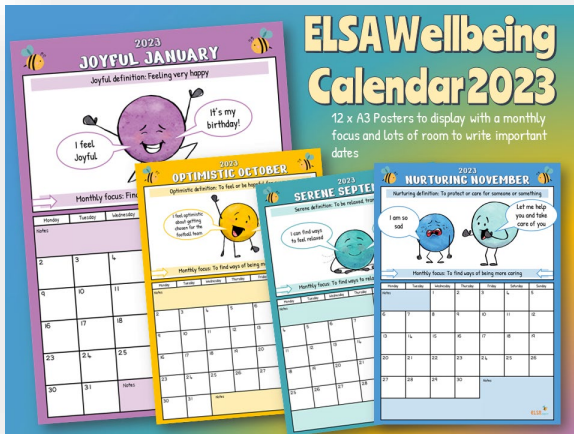




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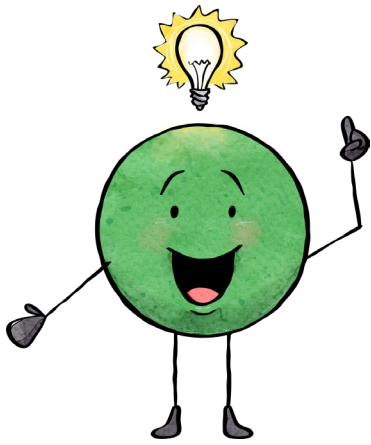
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Wellbeing Year Judicious July

Monthly focus	To make good decisions	Resources	Make a decision cards cut up Make a decision activity for each pupil and a die each
Run the group as a circle time. This would work for a small group or for larger groups too.			
Warm up Make a choice	Play a game together about making choices. Two pupils to pick a card each, put them into the centre of the circle and each child must make a choice and also explain why they chose that one. Emphasise there is not right or wrong answer.		
Activity	<p>This month's focus is about making decisions. Sometimes things happen where you need to make a choice. It can be difficult to make a choice. You need to look at things with a clear mind and think about the rewards or consequences of your choice. What would be the best case scenario? What would be the worse case scenario? How important is that choice?</p> <p>In the game you played you made choices based on two options. Some were probably easy for you and some not so easy. In life you are often faced with choices and choices are in your control. You are the one making the decision. Should you talk in assembly when you should be quiet? Should you put your hand up to answer a question that you know the answer to? Should you talk to someone new at playtime? Should you hit someone because they looked at you funny? Should you tell a lie to save someone's feelings? These examples are simple ones where there are two choices. Either you do it or you don't. It's good to give each option some thought before you make your choice.</p> <p>For example, if you talk in assembly when you should be quiet then you might get into trouble, you are distracting other people from listening and you can't be listening if you are talking so you might miss something important. If you don't talk you won't get into trouble, you won't distract others and you can listen to what is happening. The choice is clear. You don't talk.</p> <p>This is an example of a choice I had to make (<i>please make up a scenario of a choice you had to make</i>). Can the pupils come up with some dilemmas they faced where they had to make a choice?</p> <p>Let the pupils have a go at the worksheet. They all need a die each to play. Can they explain their decisions?</p>		
Review	What have you learnt today? Do you think you will be better at making choices?		

MAKE A DECISION



Cut out the cards and put them face down in the middle of the circle. Choose two children to pick a card each. Put the cards together. Go around the circle and ask pupils to decide and choose one. Why have they chosen that one?

You can eat a
carrot

You can peel an
apple

You can play
with a dog

You can stroke
a cat

You can dance
to your
favourite song

You can sing in
assembly

You can ride on
a train

You can fly in a
plane

You can hold a
spider

You can hold a
slug

You can spend
time with your
family

You can dress
up as a fairy

You can paint a
unicorn

You can make a
pizza

You can eat a
burger

You can play
on the beach

You can climb a
mountain

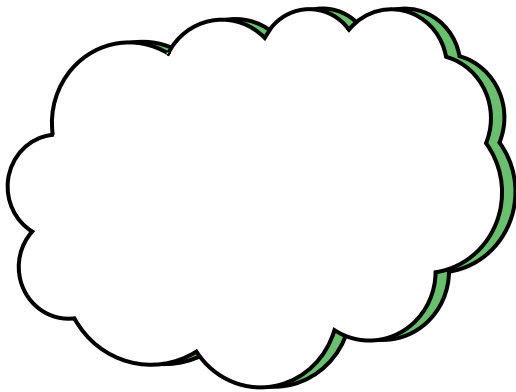
You can swim
with dolphins

Decision Making

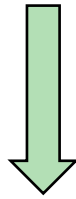
Throw a die and look for the number. Write that item down in one of the bubbles.
Throw the die again and write the other item down. Which will you choose? Can you make a decision?

1 Peel a potato	4 Hold a snake
6 Cuddle a bear	2 Dance on stage
3 Parachute out of a plane	5 Dress up as a superhero

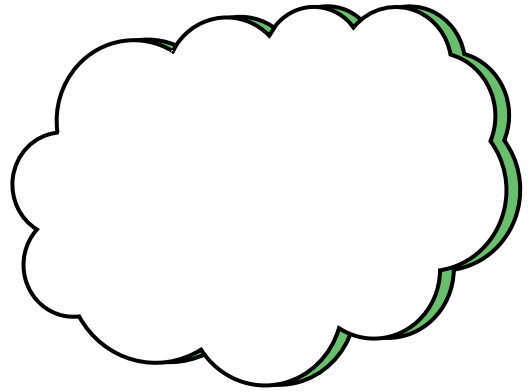
Option 1



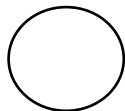
The choice is



Option 2



I choose option



because
