

## Notes to Parents and Teachers

*This guide is meant to give you a starting place in guiding your children or students in thinking through important aspects of a situation. If breaking down problems and analyzing options is completely new to them, you may need to guide them closely through every step. As they become more used to this pattern of thinking and analyzing, you will find they need less guidance at the beginning of the process, but they will always need your input at the end of the process.*

*Above almost anything else, they will need your encouragement and support as they explore the decision-making process and your reassurance to try again when they make the wrong decisions. It may be helpful to let them know that no person they know (including you) always makes the right decisions. But as they learn and grow, they will find the decision-making process will get easier in most day-to-day situations, though there will always be big decisions that require a lot of extra time and consideration.*



# Decisions

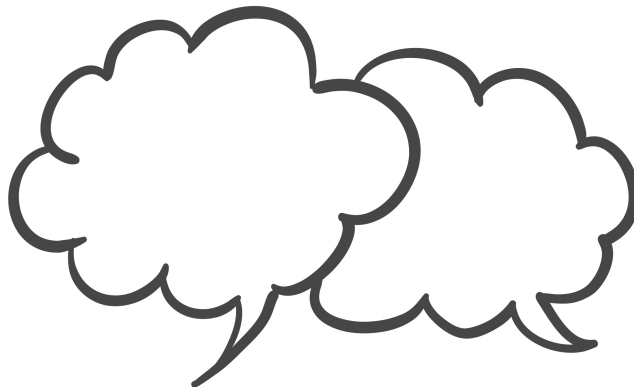
*We face countless decisions every single day. Some of them aren't terribly important, such as whether to wear a brown shirt or a blue shirt. Some of them are important, but they aren't decisions you usually have to take a lot of time to think about. If it's snowing outside, it's safe to say that it is cold and you should dress warmly.*

*But other decisions are harder to make. Do you tell the truth, or do you lie? Do you spend the afternoon helping someone else or playing a video game? Do you study for your test a lot today or a little bit each day this week? Do you go to the football game one friend invited you to, or do you go to the movies with another friend?*

*Sometimes you need to take your time and think carefully about these kinds of decisions. Usually, one way of doing something will pop into your mind right away. But it's just like when you are doing an assignment. The first answer that comes to mind might be right, or it might be wrong. You have to stop and think about what you know to decide if it's the right answer or not. Sometimes, you might need to ask someone else for help as you consider the assignment.*

*It's the same way with everyday life. Sometimes the answers for what to do that come to mind first are right, but sometimes, they are wrong. It's important to think through your decisions to make the best decisions you can. It is also wise to remember that it is OK to ask for help in making decisions. Sometimes you'll make the wrong decision, but don't worry. Every decision you make will help you make the next one and the next one and the one after that.*

*One more thing is important to remember. Sometimes, even when you make the right decision, things won't turn out the way you want them to. That might be because of many different things, including the decisions other people make. Remember that you can't always decide if a decision was right or wrong by looking only at how it turns out.*



# Think It Through

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## Problem or Situation

*What problem or situation are you facing?*

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*Option 1—What is the first solution you can think of?*

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*Option 2—What is another solution you can think of?*

## Think It Through

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**Option 3**—Can you think of a third solution? If so, write it here. You can add it later if you think of more solutions as you consider the situation.

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**Option 4**—Can you think of a fourth solution? If so, write it here. You can add it later if you think of more solutions as you consider the situation.

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**Option 5**—Can you think of a fifth solution? If so, write it here. You can add it later if you think of more solutions as you consider the situation.