



## Good Choices

**GOOD CHOICES** means making the right decision and choosing to do something that results in the best outcome.

### Activity 1

Discuss with your child the importance of making **GOOD CHOICES**. Explain that a good choice means making the right decision and choosing to do something that is good for you. Play a simple “choosing” game with your child by holding two different things in each hand -- one that he or she will like and the other that is not of interest to him or her. (Examples could include holding a cookie in one hand and a shoe in the other, or a storybook and dictionary, etc.) Show your child the items and then put them behind your back, mix them up and have your child choose a hand. Have fun with different items and then discuss how making the right choice resulted in getting what he or she wanted. Explain that important decisions should not be left to chance. Emphasize that by making decisions about what is important ahead of time, he or she will be more likely to get positive results.

### Activity 2

Remind your child that every choice has a consequence. Explain that good choices generally produce good consequences and bad choices almost always end up with bad consequences. Read the following statements and ask your child to predict the outcome for each of the following situations.

You stay up late and don't finish your homework.

You are friendly to the new student in school.

You are rude to your friends.

You come home from your friend's house on time.

You find a lost wallet and return it to the owner.

### Activity 3

Explain to your child that we do not always know the consequences of decisions until after a choice is made. Use the following example to demonstrate this point. Put a collection of coins in a nontransparent bag or container. Include different amounts of pennies, nickels, dimes, and quarters. Tell your child that there are several types of coins in various amounts in the bag. Explain that he or she will name a coin and then get to keep all the coins in the bag that are like the one selected. Once the selection is made, open the bag and sort the coins together. (Perhaps there were eleven pennies, two nickels, five dimes, one quarter, etc.) Together with your child, count the amount of coins of the type selected. Now that all the coins are revealed, ask if he or she would like to make a different choice. Emphasize the importance of making good choices because every choice has a consequence. As an extended activity, have your child count the different coins by types and then add them all together.

### Activity 4

Together with your child, think of the different decisions your child makes every day. Those choices could include: what to wear to school, what to eat for breakfast, what to do in the classroom and in the lunchroom. Remind your child that even small choices like these can have big consequences. Teach him or her the importance of choosing to eat healthy foods and getting physical exercise. Talk with your child about the food groups and make a list of delicious, healthy food choices. Make a plan to get some exercise together tomorrow and then share a meal from your list of healthy choices.

### Activity 5

Explain to your child that some choices are very important to health and safety such as saying “no” to drugs. Discuss with your child how drugs, including alcohol and tobacco, can be harmful. Set clear family expectations to help your child know, without question, what the right choice is. Help your child be prepared to make good choices by practicing ways to respond if someone offered him or her something harmful.