

# I Can Make Choices



PDMU STRANDS:

**Personal Understanding  
and Health**

**Understanding in the Local  
and Wider Community**

## **Chatting**

Invite the children to chat about choices by asking questions such as:

- Does anyone know what a choice is?
- Can you think of any choice you made today? (What to have for breakfast, what to bring for lunch, where to sit in the car, who to talk to in the yard, etc.)
- When you go home after school what choices might you make? (When to do homework, what to watch on TV or PlayStation, whether to play outside or inside, to eat a biscuit or not, etc.)

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## Choices have consequences:

Read the following scenarios to the children discussing each one in turn.

1. Imagine you are playing with your friend. Another child comes over and asks to play. Will you tell them to go away or will you let them join in?
  - How will they feel if you tell them to go away? How will you feel?
  - Did anyone ever tell you to go away? How did you feel?
  - Why might you say 'go away'? Would you feel bad later or would you be happy with your decision?
  - Do you think we should be friendly to each other? Why or why not? Do you like when people are friendly to you?
2. Your mum has been doing housework all day. Will you say 'I'm hungry. Is the dinner not ready yet?' or will you offer to help her?
  - How will your mum feel if you complain that the dinner is late?
  - How will she feel if you offer to help? How will you feel?
  - Why might you complain that the dinner is late? Do you ever forget how your mum or dad are feeling and just think about how you are feeling? Is that a good idea? Why or why not?
  - Do you think it's a good decision to offer to help when you can?

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3. You have to choose what lunch to bring to football training on Saturday. Will you bring a fizzy drink, crisps and chocolate or water, a sandwich and a small treat?

- Which decision do you think is the best for taking care of your body?
- How do you feel when you make decisions that keep you strong and healthy?
- It's good to have a little treat from time to time, but how do you feel if you have too many treats?

Summarise by explaining to the children that as we get older we make more and more decisions for ourselves. Some are good and some are not so good. But all our decisions have consequences. It's good to think of the consequences before you make a decision rather than afterwards.

## **Easy/Hard Choices**

Ask the children if they think that some decisions or choices are easier than others – for example what to have for breakfast or what to buy in a sweetshop?

Then read out the following and invite the children to put up their hands if they think it is easy and to keep their hands down if they think it is hard.

- Breakfast – cereal or toast?
- Going to the sweet shop or toy shop?
- Writing with a pen or pencil?
- Going to bed early or late?
- Helping your mum or watching TV?
- Wearing tracksuit or jeans?

Invite the children to divide a page in half and to draw a difficult decision they made. On one side draw the decision they made and on the other what they decided not to do.

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## **Poem: I Don't Know What to Do**

It's hard to make decisions.  
I don't know what to do.  
Will I do whatever I want  
Or should I think of you?

I want to play with Jenny  
But Jenny is with Sue.  
I'm scared to ask if I can play.  
I don't know what to do.  
It really hurts my feelings  
If people just don't care.  
I'll try to make good choices  
At home and everywhere.

## **Reflection**

Invite the children to sit very still with their feet on the floor and to close their eyes. Then read the following:

Jesus had lots of friends. He told them that they should treat each other the way they wanted others to treat them. He wants us to be kind to each other and to treat each other fairly. Think of your friends and all the fun things you do together.

God wants us to look after ourselves too and to make good choices for our bodies and minds.

Thank you, God, for giving us lots of good things to choose. Help us to make good decisions every day. Amen.