

Being able to make a choice can sometimes be tough. A lot of times, we try to think about what choice to make, and it can feel like it's just too much. But if we can take time to think about the choice we have to make in the right way, it can make deciding a lot easier.

Read the story, then follow the activities below to help guide you through all the steps to make a good choice:

Jeremyah wants to get his black belt one day, but he also wants to play baseball this year. His mom and tell him he can do karate OR baseball, but not both...

Step 1: RELAX. When you relax, your brain works better, so you can think better. What's something you could do to help your relax so you can make a good choice? _____

Step 2: Say something good to yourself. A lot of times, we don't feel like we have the confidence to make a choice. It's important to feel like you can make a good choice when you have to, and stick to that decision. In the story above, what are some things Jeremyah could say to himself to feel better about making his choice?

Step 3: Know what the situation or problem is; what is the choice we have to make? In the story, what choice does Jeremyah have to make? _____

Step 4: Try to list ALL of your options. Options are the different things you can choose from. Below are two of the options Jeremyah has. Can you think of any others?

Option 1: Keep taking karate, no baseball
 Option 3: _____

Option 2: Quit karate, sign up for baseball
 Option 4: _____

Step 5: Figure out the consequences of each option (what are the good things AND bad things that will happen)

Option	Good consequences	Bad consequences
Quits karate, signs up for baseball		
Stays in karate, no baseball		

Step 6: What's important to YOU? After you figure out the good things and the bad things that could happen, think about what's important to you. Most of the tough choices have come good and some bad consequences, and we have to figure out which things we want the most. When we know that, it's time for...

Step 7: Make your decision! After going through all the steps, what do you think Jeremyah should do?

