

## MAKE CHOICES

CHOICES CAN SEEM DIFFICULT. THE CHOICE MAY FEEL BIG EVEN THOUGH IT MAY BE QUITE SMALL. IF I FEEL WORRIED THAT I MIGHT MAKE THE WRONG CHOICE AND BE UPSET ABOUT IT, I CAN FOLLOW THE STEPS BELOW

### I WANT TO MAKE A CHOICE, BUT IT FEELS HARD

- I WANT TO MAKE THE CHOICE SEEM SMALL
- IT USUALLY SEEMS BIG. IT SEEMS HARD. I WANT IT TO BE EASY
- IT SHOULD BE A CHOICE THAT I LIKE
- IT DOES NOT HAVE TO BE "THE BEST" CHOICE
- IF I LIKE ALL OF THE CHOICES, I JUST CHOOSE ONE

### I USE THESE TIPS TO MAKE A DECISION IN 20 SECONDS OR LESS

1. CHOOSE THE EASIEST
  - ONE I KNOW REALLY WELL
  - ONE I HAVE DONE BEFORE
  - ONE THAT DOES NOT TAKE A LOT OF TIME
2. CHOOSE BY PROCESS OF ELIMINATION
  - IF THERE ARE FOUR CHOICES, I GET RID OF TWO VERY FAST. THEN I CHOOSE BETWEEN TWO REMAINING - JUST PICK ONE

### 3. CHOOSE BY USING GAMES

- ENNI, MENIE, MINIE, MOE
- PULL ONE OUT OF THE BAG
- FLIP A COIN
- CLOSE MY EYES AND PICK ONE

### 4. ONCE I CHOOSE...

- I AM HAPPY ABOUT MY DECISION
- I FOLLOW MY DECISION

**REMEMBER: WHEN I MAKE A GOOD DECISION, I FOLLOW IT AND FEEL GOOD ABOUT THE DECISION I MADE!**

**(SOCIAL RULES FOR KIDS: THE TOP 100 SOCIAL RULES KIDS NEED TO SUCCEED, DIAMOND & GORDON, 2011)**