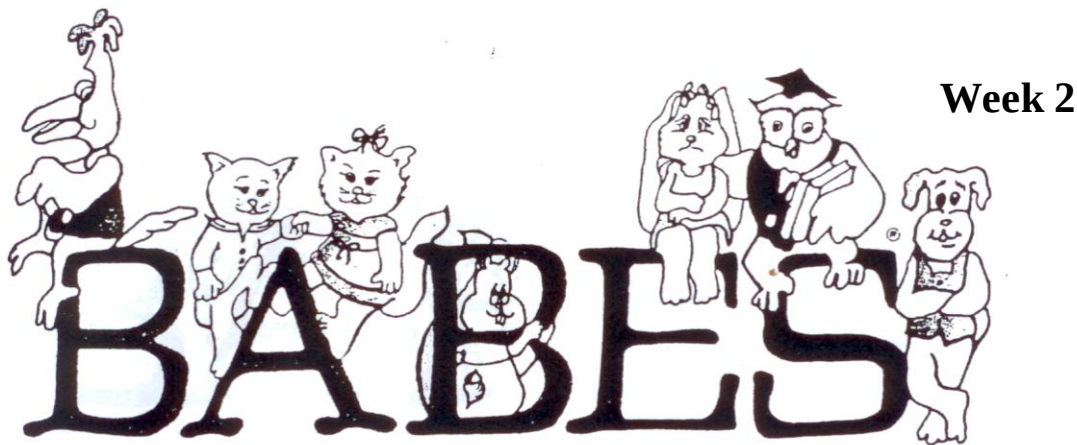




Week 2

Donovan Dignity says: Making good decisions is as easy as 1-2-3:

- | | | |
|----------------|----------------|---|
| Step 1: | STOP! | Say what you want to decide. |
| Step 2: | THINK! | Come up with all the answers you can and what will happen after you do each one. |
| Step 3: | DECIDE! | Choose the best answer as your decision. |

REMEMBER! The best answer is when no one gets hurt or gets into trouble.

Dear Parent/Guardian:

Today your child learned about how to make good decisions. We talked about the fact that children themselves are responsible for the decisions that they make, and must take the consequences for misbehavior.

It is important for children to identify when they are feeling pressured to do something negative so they can learn skills necessary to handle problem situations and determine alternative courses of action.

You can reinforce these skills with your child in the following ways:

- Make flash cards with pictures of various objects – some should be good for you, others bad for you. Children draw a card and decide whether to keep it (good things) or throw it away (bad things) and give their reasons why.
- Make a collage of things that are good/not good for our health, ask why and why not?
- Role-play situations with children giving them an opportunity to work out their decision using the steps above.

If you are interested in more information, feel free to contact Amanda Persaud or Candy Varroney at (732) 248-7361.