



Decision-Making Grades PreK-2

Language of Health Literacy:

I can decide ____.
____ (decision) is about health.
____ (decision) is not about health.

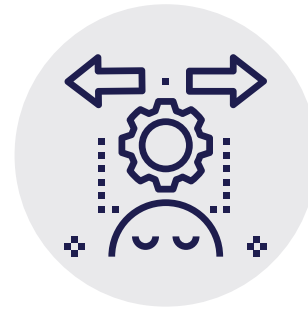
Step 1

I need help when I decide ____.
____ helps me decide to ____.

Step 2

____ is healthier.
____ is safer.
____ follows the rules.
I pick _____. I picked this because _____.
I decided to _____.
I chose _____.

Step 3



Step 1: Identify Decisions in My Life

Sub Skills:

- Identify decisions
- Identify decisions about being healthy



Step 2: Think About Help

Sub Skills:

- Identify when help is needed
- Ask trusted adults for help



Step 3: Make a Decision

Sub Skills:

- Ask questions about options
- Pick between two things



Step 4: Look Back & Learn

Reflection Questions:

- Did the decision make me feel good or bad?
- What might happen next after that decision?
- How did asking for help make my decision healthier?
- Would I make that decision again? Why or why not?
- What do I want to remember next time I have to make the same decision?