

L.O: To know about the special people in our lives and how we care for each other.

S.C: I can recognise situations that involve a decision.

I understand some decisions we make can be influenced by other people.

I can identify decisions a person could make and who could help them.

Decision: To make a choice about something.



Influence: Something that affect or can change your decision about something.



Opinions: A view or judgement a person has about something.



What's our starting point?

- Draw or write about a **decision** you have had to make about something, e.g. *what to have for breakfast, what to wear today.*
- Draw or write about anything that **influenced** your decision.



Decisions



Everyday, we make decisions. I'm sure you have made many today without even realising it!



Some decisions we make can affect us as soon as we make them, for example choosing what you will eat for breakfast.

Other decisions can affect us more in the future. For example, choosing to attend an art club.

Some decisions may be easier to make than others. It is ok to ask for help.

Some people can make decisions very quickly where as some find it more difficult and therefore need more time to decide. Everyone can find it difficult to make decisions sometimes, even adults.

Therefore, we must be patient and understanding with one another and remember we are all different.



Decisions

What things do you think affect our decisions?

Our goals

Our likes and dislikes often affects what we decide to do.

The type of mood we are in can affect what we decide.

If we consider our physical and mental wellbeing.

What situation is like when making the decisions.

Our past experiences

What situation is like when making the decisions.

Other peoples opinions

What we think is right or wrong



Tricky decisions



Can you help Martin and Tasneem to make their decisions?

What are they each trying to decide between?

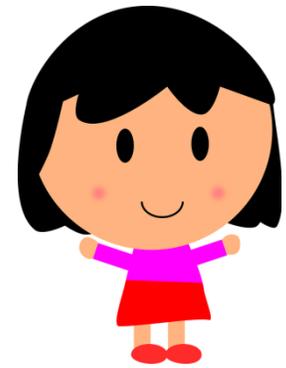
Who or what could help them?

Draw or write your ideas on your exercise book or on a piece of paper.

Martin's mum has told him he needs to eat his carrots because they are good for him. But Martin really wants to eat the bag of sweets his granny left for him when she dropped off shopping to their house.

Tasneem has been given £10 for her birthday. She has to decide whether to spend it on buying a toy she wants, or saving it for the future. She is not sure which would be best.

What might happen next?



Thinking about the decisions that Martin and Tasneem have to make...

What do you think might happen *next* after they have made their decision?

Could anybody be affected, hurt or upset by their decision?

What else might affect their decision?



Share some of your ideas with a family member

Activity 1

Here are some other decisions for you to make.

Look at the pictures and make your decisions about them:

If you could have a snack, would you rather...		
 An Apple <input type="checkbox"/>	Or	 An Orange <input type="checkbox"/>
If you could have a new pet, would you rather...		
 A dog? <input type="checkbox"/>	Or	 A cat? <input type="checkbox"/>
If you could have a day out, would you rather...		
 Go to the zoo? <input type="checkbox"/>	Or	 Go ice skating? <input type="checkbox"/>
If you could stay up late, would you rather...		
 Read a book? <input type="checkbox"/>	Or	 Watch a cartoon? <input type="checkbox"/>
If you could have something sweet, would you rather...		
 Ice cream <input type="checkbox"/>	Or	 Sweets <input type="checkbox"/>
Which do you prefer doing,		
 Chatting on the phone <input type="checkbox"/>	Or	 Listening to music <input type="checkbox"/>



Now in your exercise book or on a piece of paper, write a reason for some of your decisions you made.

For example:

I would choose a cat because I prefer cats more than dogs. They are also easier to look after as they do not need to be taken out for daily walks.

Activity 2

Make a table like the one below and draw or write all the people you think can help us make decisions at home, school and other places.

<p>At home</p> 	<p>At school</p> 	<p>Who else might be able to help?</p> 

Challenge:

If there was no-one was around to help you with your decision, what else might help?

