



MAKING A CHOICE

This exercise will help your child to identify the positive and negative consequences of the choices made. Considering the potential consequences can help your child to decide what is the best choice to make.

Trigger or Problem

My friend threw my toy on the floor



Physical symptoms and signs

Face turning red, clenched fists, tight chest and muscles, start to sweat



Emotion

Anger



Thought

I am angry that my friend threw my toy on the floor.



I want my friend to apologize.



Action I can take

I hit my friend and pick up the toy

My friend cries or hits consequence

me and both of us

Action I can take

Ask my teacher for help

My teacher helps me to talk to my friend.







MAKING A POSITIVE CHOICE EXERCISE

	Trigger or Problem		
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	How does r	ny body feel?	
	How an	• I faciling?	
	How an	n I feeling?	
		1	l
What am I thinking?			
	*	*	
Action	l can take	Action I can	take
con	sequence	consequer	nce
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MAKING A POSITIVE CHOICE EXERCISE

