

Making the Right Choices



PDMU STRANDS:

**Personal Understanding
and Health**

**Mutual Understanding in the
Local and Wider Community**

Everyday Choices

Chat with the children about everyday choices they make, often without much thought, e.g. getting up in the morning, eating breakfast, who to chat to on the bus or in the car, where to do their homework, when to go to the toilet, whether to put on their coat or not, etc.

Now ask them to consider the following worksheet with choices they may have to make occasionally. This time they will have to think about why they make their choices as well as which choice they make. Ask the children to fill in the sheet individually and reassure them that there will be time to discuss it later.

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Faced with the choice I would:	Agree	Disagree	Why I would make this choice
Exercise regularly			
Smoke a cigarette			
Bully a child who is different to me			
Eat healthy food			
Arrange to meet a stranger			
Hurt an animal			
Be kind to a new child in school			
Wash myself every day			
Take money from my mother's bag			
Cross the road without looking			
Stand in front of an open fire			

Have a class discussion about the choices the children made and, in particular, the reasons for their choices.

Try to elicit that some choices are made on the basis of personal safety or personal choice, while some are made for moral reasons – simply because they are right or wrong.

Talk about how, as Christians, we are called to do the right thing, even when there is no one looking.

Art Activity

Divide the class into groups of three or four and invite them to design a poster with good safety advice for people in the following situations:

- People going on a sun holiday
- Children going on the internet
- Young children crossing the road
- Teenagers who are going out with friends
- Old people living alone
- People with pet dogs
- Householders
- Drivers

These posters should have no more than ten words on them, and some art work. Display the posters when the activity is over.

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Decisions in the Family

Chat with the children about decisions they make at home which could help or hinder in getting on with their siblings and family members. Ask questions such as:

- Is there anyone in your family you have to be patient with? An elderly relative? A young child? Someone with special needs? How do you speak to them? What difference does this make to how you get on?
- If you've having an argument with a sibling, what good decisions could you make? Walk away, listen to their point of view, try not to shout, use respectful language, etc.
- If you want your parents or guardians to drive you somewhere or help, how do you speak to them? Ask nicely, don't sulk if the answer is no, be understanding that they might be busy, etc.

Use other examples of decisions we make which help us to get along together.

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Reflection:

Invite the children to close their eyes and read the following reflection:

Every day we are faced with many decisions: what to eat, what to wear, where to go, who to speak to, who to play with.

We also make many decisions to do with keeping ourselves safe: not talking to strangers, sharing any problems we might have, being careful crossing the street, wearing sunscreen when it's sunny, being careful around electricity.

We also make decisions because we know they are the right thing to do. We try to reach out to people who are lonely. We speak nicely to others. We decide to share our toys with others. We don't take things that are not ours, even if we could get away with it. We help elderly and sick people.

Sometimes it is easier to make a bad choice. We ask God's help to have the courage to make good choices as much as possible. We also ask God to help us to admit when we are wrong and to try to make up for any bad decisions we make. Amen.