



Dear Family,

We make many decisions in our lives. Some decisions are easy to make, such as what clothes to put on in the morning or what to eat. Other decisions are harder, such as whether or not to cheat on a test or whether or not to smoke. Children often make choices without thinking about the consequences.

Today in *LifeSkills* we did some activities with the children to help them learn how to make better choices. They learnt a strategy called **STOP THINK GO!** When faced with a decision, the children have to imagine a traffic light and think through the following steps:

Step 1. **STOP** – ask yourself what is the problem or what decision do I have to make?

Step 2. **THINK** – ask yourself what are my options? What are the possible outcomes for each choice?

Step 3. **GO!** – Do what is best for you.

We find that when children learn how to use this strategy, they can slow down and make better decisions.

It will take practice for them to get used to making decisions like this - but if they learn to think about the consequences of what they do, this will help them make healthier choices later on. This will be crucial when they're deciding whether to smoke, drink or use drugs.

Families can help by letting children make some small decisions rather than deciding everything for them. It can sometimes take more time, but giving children some options to choose from such as what they want to wear, or what you might do together at the weekend, can help. By practising small decisions, they will get the hang of it so it's easier to make big decisions when they're older.

If you would like any more information or have any comments, please leave a message with the school office and I'll call you back.

Best wishes,