



Life Skills Training

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 smoke. Children don't always think through the consequences of what they're about to do. Today we've been talking in class about how to make good choices. The class learnt a great strategy called **STOP THINK GO!** This helps them slow down, think about what their choices are and then think about what's the best option.

We spent some time practising using this strategy so the kids could get the hang of it. In particular we talked about how to use it in situations when they might be tempted to use tobacco. Hopefully that will help them prepare to say no in real life situations that might come up so they can stay healthy.

Families can help children learn how to make good decisions by encouraging them to think through what the options are. For example, you may tell your child that they can choose between doing their homework as soon as they come home from school, or doing it after dinner. Encourage your child to use the **STOP THINK GO!** strategy in their choice. The more a child practises making decisions, the more likely that the decision-making procedure will become ingrained in their behaviour. When the time comes to make a serious decision, the child will automatically use the method and hopefully make the appropriate choices.

If you would like some more information or have any comments about what we're doing, please let me know – you can get a message to me through the school office and I'll give you a call.

Best wishes,