

Making Choices



My name is _____ and I am a great kid!



Sometimes I have to make choices. Everyone has to make choices every day. Some choices that are made are: what to wear to school, what to eat for lunch, what to play with at recess, what to have for snack and what book to read. There are lots of different choices to make in a day!



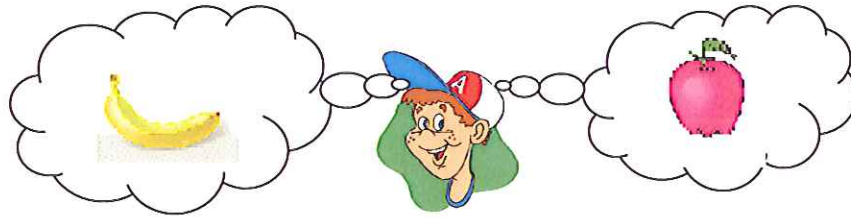
Sometimes making choices can be hard. It can be hard to make one choice when I like the other choice too.



Sometimes I have to pick what I want to eat for lunch. Sometimes the choices are _____ and _____. I like both of those choices.



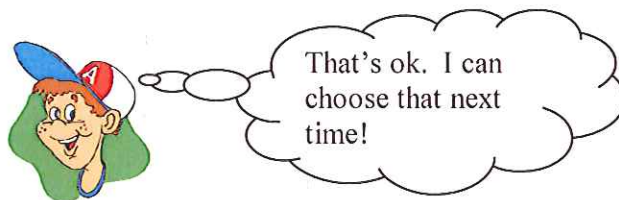
Sometimes I have to pick what I want to play with. Sometimes the choices are _____ and _____. I like both of those choices.



Sometimes I have to pick what I want for snack. Sometimes the choices are _____ and _____. I like both of those choices.



When I have to make a choice, I need to choose one thing. This means that I cannot have the other choice at this time.



This is OK. I get to make choices each day! I might get to choose the other choice on a different day.



Sometimes when I make my choice I want to change my mind. This is not OK. I need to remember that I all ready made a choice and I can choose the other choice at a different time.



If I really want to make sure that I make the other choice next time, then I can ask someone to write it down for me. This will help remind me.



I am happy that I can make choices even though it is hard sometimes. My teachers and parents are happy too!