

Sunbeam Worksheet on Choices

A definition of Choice? (Write it in the box below)

What does the bible say about choices? (Look up Psalms 25:4 and write out the verse in the box below)

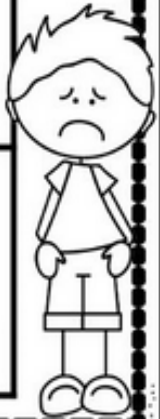

Draw a line to the correct word on the right to fill in the blank words on the left then you will complete the steps to making good choices.

Step 1. Don't let -----get the better of you	Talk
Step 2. Give yourself some -----(if possible)	Weigh
Step 3. ----- the pros and cons.	Stress
Step 4. ----- about your goals and values.	Possibilities
Step 5. Consider all the -----	Time
Step 6. ----- it out.	Think

Choose a worksheet below and complete the activity.

Name: _____

GOOD CHOICES	BAD CHOICES



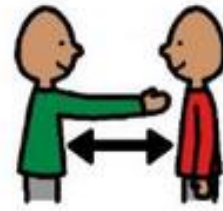
 <p>pushing</p>	 <p>listening</p>	 <p>playing in the bathroom</p>	 <p>raising my hand</p>	 <p>writing on a friend's work</p>	 <p>using nice words</p>
 <p>using a quiet voice</p>	 <p>not trying</p>	 <p>not listening</p>	 <p>cleaning up</p>	 <p>focusing on</p>	 <p>excluding</p>



working hard
even when I
feel
frustrated



respecting
other
people's
space



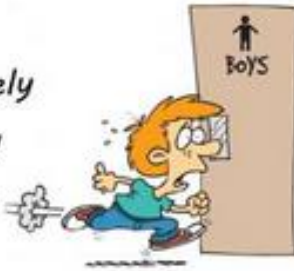
hurting
people when
I'm mad



taking
deep
breaths
when I'm
angry



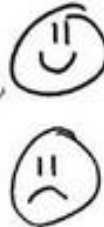
appropriately
fixing my
privates



yelling and
screaming
when I'm
upset



being silly
instead of
doing my
work



refusing to
do your
work



pouting
when you
don't get
your way



using a
tissue



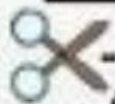
Name _____

MAKING GOOD CHOICES



Good Choice 😊	Poor Choice ☹️

© Miss Graffs



Run in the hallway	Raise your hand to speak
Play during work time	Play with the scissors
Keep hands to yourself	Say please and thank you
Call people names	Listen to the teacher
Be nice to everyone	Yell across the room to something to your friend

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