

Making Decisions Family Questions

Today we explored decision making. We all have the ability to make decisions about our world. Decisions effect every area of our lives from the moment we open our eyes in the morning to the moment we go to bed at night. In today's session we looked at what makes decision making easy and what can make it difficult. We explored ways to help us make better decisions including talking with others, considering long term outcomes and aligning our choices with our personal values.



**I heard today's topic was about
decision making...**

What can make decisions difficult?

**Have you ever had to make a difficult decisions?
What happened?**

What can help us when making decisions?

Tip: Making decisions can be quite difficult for a lot of children. A great way to help your child become more aware of their decision making skills is to help them reflect on choices they have made. At the dinner table, ask every family member to take turns at sharing a decision they made that day. Ask questions like; What helped you to make your decision? Are you happy with your decision/why? Did you find anything difficult about making your decision? Having these kinds of conversations helps your child to think more about their past decisions and how they can work through future decision making.