

Use these worksheets to help students learn about and practice decision making and social problem solving.

Name: _____

REACTING TO PROBLEMS VS. SOLVING THEM: WHAT HAPPENS NEXT

When we have a problem, we can react to it or try to solve it. If we react to it, we are responding to the emotions of anger or frustration caused by the problem. Unfortunately, this can sometimes make the problem worse. When we solve the problem, we think about what the problem actually is and try to fix it. Practice this by looking of the examples below. Look at the scenarios, think about how you might react to it and how you could solve it instead. Then, think about the impact of those choices.

EXAMPLE:

Scenario: Your brother hid the remote.	Reacting: I could yell at my brother.
	Solving: I could look for the remote.

FILL IN THE EMPTY BOXES BELOW:

Scenario: You are stuck on a homework problem.	Reacting: Giving up and not doing your work.
	Solving: Asking someone for help.

Scenario: Someone is sitting too close to you.	Reacting:
	Solving:

Scenario:	Reacting:
	Solving:

Name: _____

WHAT IS THE SIZE OF THE PROBLEM?

We experience different problems every day. Some of these are big problems, and some of them are small problems. How we respond to our problems depends on their size. Big problems need fixed immediately and usually need the help of an adult. On the other hand, small problems are problems that we can solve ourselves. Look at the criteria below and then decide whether the problems at the bottom of the page are big problems or small problems. Write a "B" if it's a big problem, and an "S" if it's a small problem.

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MATCHING THE RESPONSE TO THE SIZE OF THE PROBLEM

We have problems every day, and thankfully, there are many ways that we can respond to our problems. Small problems are problems that we can solve by calmly talking about how we feel, asking the person to stop, walking away, ignoring it, etc. Big problems are problems that need solved immediately and usually require the help of an adult. Our response should match the size of the problem so that we can get the help we need. Look at the problems and responses below and decide whether or not you think the size of the problem. Record your responses in the boxes on the right.

Name: _____

WHAT ARE THE CONSEQUENCES?

When we make a choice or a decision, the things that happen next are called consequences. Taking time to think about the consequences before we make the decision can help us make better choices. Look at the choices in the left column and match them to the consequences in the right column. Then, at the bottom of the page, write the letter of the consequence that matches the choice.

THE CHOICES	THE CONSEQUENCES
1. Getting on your tablet after your mom says you can't have it	A. It'll be easier to find things and your parents/family may be happy.
2. Working hard on your project	B. Your team may get a penalty and the other player may be upset
3. Cleaning your room	C. Your teacher may get upset and take it away
4. Talking during a test	D. You won't get better at the work, and you and your friend may get in trouble
5. Kicking someone's chair in class	E. Your teacher may think that you're cheating.
6. Fouling someone during a basketball game	F. She won't be able to trust you, and may take your tablet
7. Taking care of your library books	G. You will get to keep borrowing books, and other kids will be able to use the books
8. Getting your phone or tablet out during class	H. That person may be annoyed with you.
9. Sharing your snack with a friend who forgot theirs	I. Your friend won't be hungry and will think you are nice
10. Copying someone else's homework	J. You will learn new things and maybe get an A

ANSWERS:

*1	*2	*3	*4	*5	*6	*7	*8	*9	*10

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REFLECTING ON MY PAST DECISIONS

Reflection can be a powerful tool. Taking time to think about things that happened in the past can help us do better in the future. It's important to take time to reflect on what went well, and the things that we can do better next time. Making good decisions is a skill that we can get better at over time, and reflecting on the decisions we've made in the past can help us.

A CHOICE I'VE MADE RECENTLY IS:	A CHOICE I'VE MADE RECENTLY IS:
THE POSITIVE THINGS THAT HAPPENED BECAUSE OF MY CHOICE ARE:	THE POSITIVE THINGS THAT HAPPENED BECAUSE OF MY CHOICE ARE:
THE NEGATIVE THINGS THAT HAPPENED BECAUSE OF MY CHOICE ARE:	THE NEGATIVE THINGS THAT HAPPENED BECAUSE OF MY CHOICE ARE:
WOULD I MAKE THIS CHOICE AGAIN?	WOULD I MAKE THIS CHOICE AGAIN?
A POSITIVE CHOICE I'VE MADE IN THE PAST IS:	
A NEGATIVE CHOICE I'VE MADE IN THE PAST IS:	

THE RESPONSE MATCHES THE PROBLEM
THE RESPONSE DOESN'T MATCH THE PROBLEM

When I have a small problem, I can:

When I have a big problem, I can:

Give an example of a problem and an appropriate response:

They are aligned to the CASEL concepts for responsible decision making.

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CONSIDERING CONSEQUENCES: POSITIVE OR NEGATIVE

All of the things we do have consequences – they have an impact on us and the people around us. Sometimes, the consequences can be negative. Examples of negative consequences include hurting ourselves or others, getting in trouble, causing others not to trust us, etc. On the other hand, our actions can also have positive consequences. Examples of these include showing others that we are responsible, helping other people feel happy, getting good grades, etc. Before we make a choice, it can be helpful to think about whether that choice will have consequences that are mostly positive or mostly negative.

To practice thinking about this, look at the actions in the circles below. If you think it would have mostly **negative** consequences, color the circle **red**. If you think it would have mostly **positive** consequences, color the circle **green**.

You refuse to do your work.	You keep track of your papers and school work.	You stay quiet during the class lesson.	You say hurtful things to your friend.
You play by the rules during your game.	You break your brother's game.	You run in the hallway.	You work hard at soccer practice.
You cheat during a test.	You don't clean your room when your dad says to.	You make a card for your grandma.	You feed your cat every day.
You leave the class without asking.	You stay up late playing video games.	You help your teacher clean up.	You share your pens with your friends.

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Including:

- Learning how to make A reasoned judgment after analyzing information, data and facts
- Identifying solutions for personal and social problems
- Anticipating and evaluating the consequences of one's actions
- Reflecting on one's role to promote personal, family, and community well-being

The worksheets are easy to use in individual, small group and classroom lessons!

Name: _____

THE CONSEQUENCES OF MY CHOICES

Sometimes we do things without thinking about what will happen next. However, it's important to remember that all of our choices have consequences. Consequences can be negative or positive. A negative consequence might be that your parents have a hard time trusting you. A positive consequence might be that you get to go outside with your friends. When we take time to think about the consequences of our actions before we do something, it's easier for us to make better choices.

Practice this skill by looking at the actions below. Think about what might happen after that. Use the example to help you.

EXAMPLE:

You put your backpack where it goes.	→	You don't have to look for it in the morning.
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YOUR TURN!

You raise your hand when you have a question.		
You eat the cake from your sister's plate.		
You jump off the bleachers in the gym.		
You work hard on your homework.		
You don't bring your supplies to class.		

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DECISION MAKING ASSESSMENT

Responsible decision making is a skill that we use every day. Like any other skill, it comes easily for some people and can be a little more challenging for others. The good news is that even if it's difficult for you, you can always get better with effort and practice!

Look at the statements below and decide whether or not you think they are true about yourself. Circle your answers using the following scale:

1 = Not Sure
2 = True
3 = True
4 = True
5 = True

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MAKING MY COMMUNITY A BETTER PLACE

The choices and decisions we make can make a great impact. If we make positive choices, we have the power to make the world a better place. Think about the communities that you are a part of. What can you do and say to make those places better?

CHOICES I CAN MAKE THAT WILL MAKE MY SCHOOL A BETTER PLACE:

Name: _____

MAKING CHOICES TO HELP ME REACH MY GOALS

Setting goals can help us achieve great things. We can reach our goals by making positive choices that will help us accomplish the things that are important to us. Look at the goals below and then list choices you could make that will help you reach that goal. In the bottom box, write your own goal and the choices that will help you accomplish it!

THE GOAL: Improve my math grade.
CHOICES THAT WILL HELP MY REACH MY GOAL:

THE GOAL: Make the basketball team.
CHOICES THAT WILL HELP MY REACH MY GOAL:

THE GOAL: Be a better friend.
CHOICES THAT WILL HELP MY REACH MY GOAL:

THE GOAL: Be a better friend.
CHOICES THAT WILL HELP MY REACH MY GOAL:

1 2 3 4 5
2 3 4
1
1
5
What choice
What choice
helpful to me


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HOW MY CHOICES AFFECT THE FEELINGS OF OTHERS

The choices and decisions that we make affect us, but they also impact the people around us. It may be easier for us to make better choices if we take time to think about how the people around us will feel. Look at the scenarios below and consider how the choice you make may impact the feelings of others.

Your brother has been saving a piece of candy, but you decided to eat it. How might he feel?	You copied someone's answers on the test. How might your teacher feel? How might the person you copied from feel?	You blurted out the answer in class. How might your teacher feel? How might your classmates feel?
You cleaned up your lunch space when you were done. How might the cafeteria workers feel?	You are yelling in the hallway. How might the students feel in the classrooms near by?	You stood up for someone when they were getting picked on. How might that person feel? How might the people who saw it feel?
You tell a younger student a really scary story that isn't true. How might that person feel?	You make fun of someone for the clothes they are wearing. How might that person feel?	You told your friend "good job" when they beat you at a game. How might that person feel?

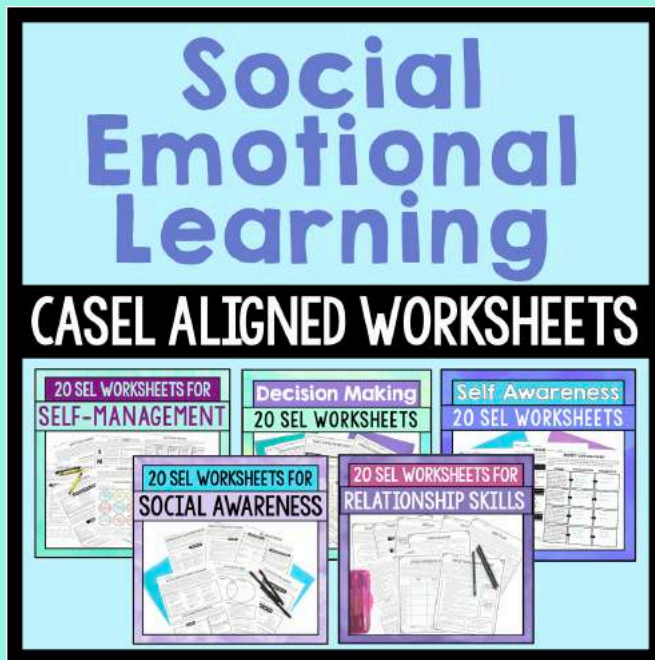
CHOICES I CAN MAKE THAT WILL MAKE MY SCHOOL A BETTER PLACE:



CHOICES I CAN MAKE THAT WILL MAKE OUR PLANET A BETTER PLACE:



Looking for the rest of the CASEL competencies? Bundle & Save!



This resource is a part of a bundle that includes worksheets for all 5 CASEL competencies. There are 100 worksheets that will help your students learn about and practice self-management, self-awareness, social awareness, relationship skills and responsible decision making.

SEE THE BUNDLE HERE!