Choices and consequences

Every day we faced with choices. They can be about how you care for yourself, how you relate to others.... the choices are endless. The decisions you make can have positive or negative consequences, or both.

Some decisions are about minor things, others can have major consequences. Consequences are not always clear straight away. They may a take may not show up until years later. See the examples below.

**Decision**

- **I helped Tom who was hurt at the playground.**

  - **Short-term consequence:** Tom's graze was cleaned and bandaged and he feels better.
  - **Long-term consequence:** Tom became my best friend.

- **I don’t brush my teeth regularly.**

  - **Short-term consequence:** I have stinky breath and dirty teeth
  - **Long-term consequence:** I have lots of fillings.
Choices and consequences (cont)

Think about some decisions you’ve made in the last week. Describe the decision in the first circle, what happened (the consequence) in the arrow, and draw the positive or negative face to show the effect of the result.