



**What Do I Do? (🧠 A Social Health Story)**  
**(K – 5-6 yrs.)**  
**Critical Thinking: What Would You Do If...?**



**STORY CONNECTION: SLIDE 3 (Approx Time: 15-20 mins)**

When you ask yourself “What Do I Do?,” you are trying to decide what to do because you have lots of **choices**. You usually have more than one choice when you are trying to decide on something. So many choices...and you want to make a good choice, not a bad one. You must **think** about what you know about all your choices. When you are trying to make a decision (choose which choice is best), you usually must think about things that you have already learned. You must **decide** what is the right choice to make. When someone lets you make your own decision, they trust that you will make good decisions.

**Materials needed:**

- What Would You Do If...scenario cards (included below)

**Preparation needed:**

1. Print and cut out the cards below or write them on paper or index cards. You can also create scenarios that are pertinent to your student(s) or situation.
2. Read each scenario.
3. OPTIONAL: Prepare two-three probing questions for each scenario that could be asked to encourage more conversation and engagement.

**Instructions:**

1. Have student(s) sit in a circle where everyone can see each other.
2. Remind student(s) that every time they must make a decision about what to do, there are a lot of things they must consider and choices they must make. This activity gives them the opportunity to not only practice thinking about what they might do, but also hear other student(s)' ideas about how to handle different situations.
3. Pull one scenario card at a time (or you can have a student pull one for you) and read it aloud to the student(s).
4. Ask student(s) to think about what they would do if they were in that situation. Have a few student(s) share responses. Make sure to ask the student(s) why.
5. Follow up student responses by asking probing questions to get them to think as deeply as and completely as possible about what they would do.
6. When several student(s) have had the opportunity to share their ideas, pull another card and continue with the discussion (repeat steps 4 & 5)
7. In closing, remind them that each day they will be faced with choices they have to make. By thinking about what they already know, they will be able to make good decisions, and this is good for their social health and their brain health.

<p>Your teacher is giving directions. Your friend next to you keeps talking and you cannot hear what the teacher is saying. <b>What would you do?</b></p>	<p>You are working on a project in art class. Your teacher tells you that you are going to work with a partner. You really want to work with your best friend, but the teacher gives you a different partner. <b>What would you do?</b></p>
<p>You are so hungry and excited it is lunch time. You go to get your lunchbox and it is not there. You left it at home. <b>What would you do?</b></p>	<p>You and your friends are playing at your house, and it is time for a snack. You really want to have cookies for a snack but there are only 5 cookies and 6 people. <b>What would you do?</b></p>
<p>A person in your class is being mean to you. They say mean things to you, knock things out of your hands, and try to get you into trouble. <b>What would you do?</b></p>	<p>You are doing your work during class and your pencil breaks. Your teacher is working with a group of student(s) and said do not disturb them unless it is an emergency. <b>What would you do?</b></p>
<p>You borrowed a book from the library. When you were looking at it you accidentally spilled milk on it and now it looks ruined. <b>What would you do?</b></p>	<p>You are in the bathroom at school, and you see two kids from another class playing in the sink and making a mess. <b>What would you do?</b></p>
<p>You did not do your homework and now your teacher is upset with you. <b>What would you do?</b></p>	<p>It is lunchtime and you go to the cafeteria. When you go through the line you realize there is nothing there you like to eat, and you are hungry. <b>What would you do?</b></p>
<p>Every day when you are working at your table group, you notice other student(s) copying all your answers. You really do not like this. <b>What would you do?</b></p>	<p>Some big kids on the bus are doing and saying things that are not nice or appropriate. They are far away from the bus driver so they cannot hear it. <b>What would you do?</b></p>