



**What Do I Do? (🌈 A Social Health Story)  
(K – 5-6 yrs.)  
Video: You Are Your Choices**



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

As you grow up, you are going to have to make LOTS of decisions. What to eat, what to wear, whether to raise your hand to ask a question, share your toys, who to pick for friends, etc. Knowing what you know and what you do not know helps you to make good choices. Knowing who to ask for help when you do not know something also helps you to make good choices. Making good choices will help you to feel good about yourself and this will make your brain happy and healthy.

**Materials needed:**

- Video Link #1: <https://www.youtube.com/watch?v=0NpQronsFic> (2:44)
- Video Link #2: [https://www.youtube.com/watch?v=6cxt\\_Ki4GSo](https://www.youtube.com/watch?v=6cxt_Ki4GSo) (3:05)
- Equipment to show online videos

**Preparation needed:**

- Preview each video prior to the activity
- Draft a list of questions to ask student(s) before, during, and after each video.

**Instructions:**

1. This activity contains two videos to watch with student(s) to review this story.
2. Video link #1 has two puppets. One of them cannot decide about drawing a picture. The friend tries to help by giving this advice: look at the benefits of the choices and do not let the decision making get in the way of the fun.
3. Video link #2 focuses more on making smart choices. The narrator gives the student(s) steps to go through using a traffic light. Red is stopping! Yellow is taking a breath or two. Green is making a choice that will make the student and those around the student happy.
4. In closing, remind student(s) that making decisions is hard. We all must think about the choices we make and a lot of the time we must go to a person we trust for help. Making good choices will help student(s) feel good about themselves and this will make their brain happy and healthy.