



**Making Decisions (🧠 A Cognitive Health Story)
(5th Grade – 10-11 yrs.)
Role Play: What Would You Do?**



STORY CONNECTION – SLIDE 16 (Approx time: 30-40 mins)

When trying to make a good decision, always remember that your main job is to take care of yourself (your brain & your body) and others that need your help. If you think about this when trying to decide whether to engage in risky behaviors, you will make the right decision. Stop and think, protect your growing brain the same way your brain takes care of you.

Materials needed:

- Scenario cards (included below)
- Scissors
- Chart paper or whiteboard
- Markers

Preparation needed:

- Copy the procedure for the role plays (step #3) on chart paper or the whiteboard.
- Read the cards to become familiar with the scenarios
 - Omit and/or change any to meet the needs of your student(s).
- Print out and cut apart the scenario cards. (1 set)
- Determine student groupings prior to the activity based on the role play scenario. (Facilitators working with an individual student can discuss these scenarios with the student.)
 - There are 12 scenarios included.

Instructions:

1. In this activity, student(s) will use the knowledge they have gained throughout this story to engage in various role play activities.
2. Review the following points from the story and previous activities:
 - When trying to make a good decision, always remember that your main job is to take care of yourself (your brain & your body) and others that need your help.
 - If you think about this when trying to decide whether to engage in risky behaviors, you will make the right decision.
 - Stop and think, protect your growing brain the same way they your brain takes care of you.
3. Explain to student(s) that they will be put in a small group and assigned a scenario. Each small group will be acting out the scenario for the whole group. Each person in the group needs to participate in some way.
4. Share this plan of action with student(s).
 - Get into your group.

- Have one person read the scenario and make sure everyone understands it.
 - Decide what good decision or choice your group is going to make.
 - Plan who is going to have what role.
 - Practice your skit a few times.
 - Perform for the group.
5. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
 6. Next, put student(s) into their groups.
 7. Pass out the scenario cards.
 8. Give them ample time to complete the process.
Suggestion: about 10-15 minutes
 9. After time is over or all groups are prepared, bring the student(s) back together.
 10. Have each group perform their skit for the rest of the student(s). Do not read the scenario card prior to the performance.
 11. After each skit, discuss the following:
 - What risky behavior did you see?
 - What did the group do to make a good decision?
 - What other choices could you have made in this situation?
 12. In closing, remind the student(s) that when making good decisions, their main job is to take care of themselves (body and brain) and others who need their help. If they think about this when trying to decide whether to engage in risky behaviors, they will make the right decision. Stop and think, protect their growing brain the same way your brain takes care of you. This will make their brain happy, healthy, and SPECTacular!

Role Play Scenario Idea Credit: <https://media.centervention.com/pdf/Best-Choice-Scenario-Cards-EDITED.pdf>
<https://opt-storage-prod.s3.amazonaws.com/shrine/store/b5f541744ddd5ef946e321667eb65e468a06c7b7f05a8414f70529934f39cba.pdf>

Scenario Cards for Role Play (or Discussion)

<p>You were invited to a birthday party; most of the kids in your class were invited, but your best friend was left out, on purpose. You are not sure why your best friend was left out, but you know she will be devastated. You really want to go to the party. What would you do?</p>	<p>You are in the cafeteria at lunchtime and extremely hungry since you arrived too late to eat breakfast. You know you do not have any extra money in your account for more food. You notice the cafeteria worker is busy helping one of your classmates. You really want to just take some extra food and put it in your pocket. What would you do?</p>
<p>Some of your friends decided to try vaping one day after school at the park. They think it makes them look cool and “grown up.” You think it is disgusting and you really do not want to do it, but you also do not want to look like a baby. What would you do?</p>	<p>You are taking a quiz for school online. You realize you left open a window with your notes on another tab. If you do not close it and someone notices, they might think you are cheating. If you do open it, you might see the answers and accidentally cheat. What would you do?</p>
<p>You have a huge incomplete science project due Monday, and you have a ton of work to do on it. Your friend calls and invites you to go camping with his family for the weekend. What would you do?</p>	<p>It is the day of the drama club tryouts after school. You are so excited until you remember that you are supposed to ride the bus home with your little sister since no one will be there to meet her. If you miss tryouts, you will not get a part in the play. Your sister is only in kindergarten and cannot be home alone. What would you do?</p>
<p>You promised your elderly neighbor you would help her clean out the garage on Saturday, but you got invited to go to a theme park with some kids from school. What would you do?</p>	<p>You forgot your math homework AGAIN. Your teacher told you the next time this happened, he was calling home. You walk over to the homework basket, pretending to turn in your paper and notice the paper on top does not have a name on it. You could just write your name on that one, so you do not get in trouble. What would you do?</p>
<p>You must bring home a letter from your teacher about a bad grade, which must be signed by a parent. You know you are going to get in trouble. You think about forging a signature. What would you do?</p>	<p>One afternoon after school some kids want to go check out an old, abandoned house. You know it is falling apart and sometimes older kids who do dangerous things hang around there. You do not really want to go, but you do not want to feel left out. What would you do?</p>
<p>You arrive early one morning at school to see someone younger getting shoved and bullied by a few older student(s). She is upset but does not say anything. What would you do?</p>	<p>You walk into the cafeteria and see the new kid eating alone. There is only one seat open at the table you sit at with your friends. What would you do?</p>