



Activities Summary
Making Decisions (🧠 A Cognitive Health Story)
(5th Grade – 10-11 yrs.)

-  **#1-Think, Pair, Share: Decisions, Decisions**
 - Students discuss scenarios to decide what decision they would make in each situation and rate their own decision-making skills.
 - Approx Time: 40-45 mins
 - Story Connection: Slide 2

-  **#2-Video: The Wallet Test**
 - Students watch and discuss a video that teaches honesty and good decision-making skills.
 - Approx Time: 25-30 mins
 - Story Connection: Slides 3 & 7

-  **#3-Physical Activity: Risky Business**
 - Students define risky behaviors, engage in a physical activity about risky behavior, and reflect on the consequences that can accompany these behaviors.
 - Approx Time: 25-30 mins
 - Story Connection: Slide 8

-  **#4-Worksheet: Be a STAR!**
 - Students learn about STAR to help them “stop and think” so they can avoid risky behaviors and help their developing brain make good decisions.
 - Approx Time: 20-25 mins
 - Story Connection: Slide 14

-  **#5-Role Play: What Would You Do?**
 - Students use their new knowledge to engage in various role play activities about making good decisions.
 - Approx Time: 30-40 mins
 - Story Connection: Slide 16