



PSHE and Citizenship

Health and Wellbeing | Think Positive

It's Your Choice



Aim

- I can make good choices and consider the impact of my decisions.

Success Criteria

- I can understand that I can't choose what happens.
- I can understand that I can choose how I respond to things that happen.
- I can understand that the choices I make can affect how I feel.

The Big Questions



What choices
do we have
about things
we say and do?

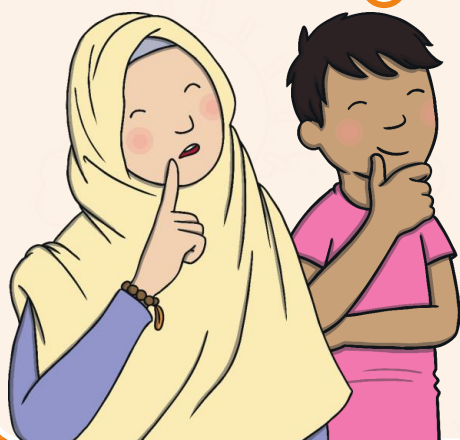
Can you think of any choices you
have about what you say or do?

How can these
choices affect how
we feel?

How do you think the
choices you make can
affect the way you feel?

Talk about these questions
with a partner.

If you feel happy to, share
your ideas with the class.



Reconnecting

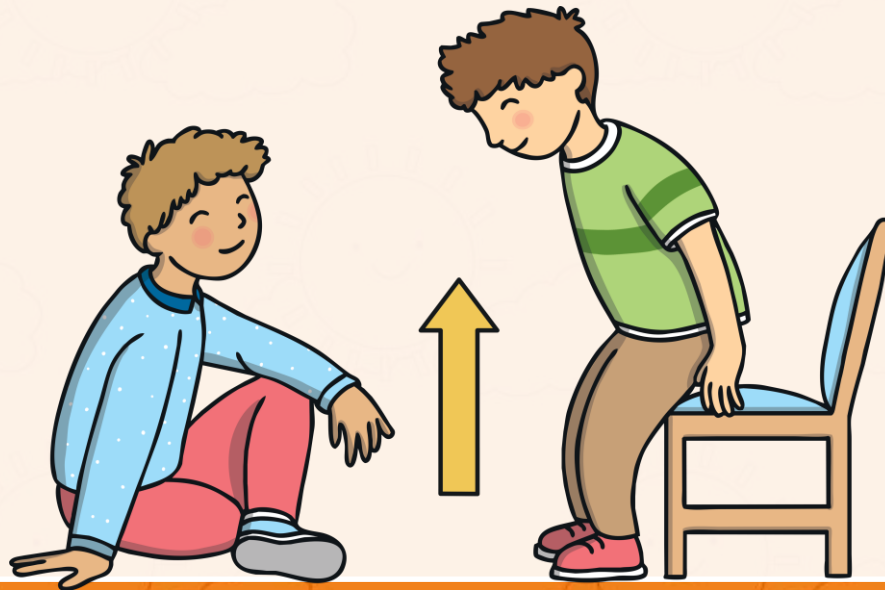
You Choose



In this game, you will have to make a choice, or decision, between two things.

We will need lots of space as you are going to move to the left or the right, depending on your choice.

So, stand up and listen to the instructions to play the game...



Move to the right

if you like playing outside

if you like discos and parties

if you would choose pizza for tea

if you like being on the stage

if you like non-fiction books

if you would like a pet cat

Move to the left



if you prefer staying indoors

if you prefer going to the cinema

if you would rather have curry

if you would rather be in the audience

if you prefer fiction books

if you would prefer a pet dog

We all make choices about things we like or don't like and these can be different to what others choose, this makes the world an exciting place to live!

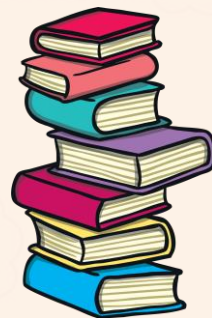
Exploring

Everyday Choices



Every day we get to make some choices. It might be...

what to have
for breakfast;



what to wear;



which book to
read at bedtime;



what to play;



who to play with.

Everyday Choices



We also get to make choices about the things we say and do, when something happens. The choices we make can affect how we feel.

Let's imagine a child in the playground calls you a mean name and pushes you.

You have a choice about how to respond...

You could call them a name back and push them, like they pushed you.

What might happen if you do this?

Talk to your partner about the consequences of this decision – that means, what might happen next.



Everyday Choices



What did you say might happen if you do the same thing back to the child who called you a name and pushed you?

How would that make you feel?

Now, with your talk partner, think about the other choices you have in this situation. What else could you choose to do if someone calls you a name and pushes you?



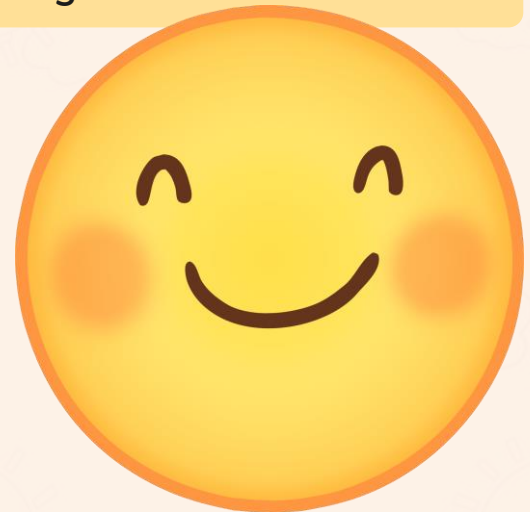
Good Choices



Before we make a choice, we need to think about the consequences.

We need to think about what might happen if we make that choice and how it will make us (and others) feel.

Making good choices can make us (and others) feel good.



Good Choices



In life, we can't always choose what happens, but we can choose how we respond.

If we choose to respond in a positive way, we will feel better.



If we choose to respond in a negative way, we will feel bad.



Good Choices



Think about this...

You're at the park with your family. You want to go to the swings, slide and roundabout, but the rest of your family want to play crazy golf. They all vote and crazy golf wins.

How would this make you feel?

You can't change the decision to play crazy golf, but you can choose how to respond.

You can get cross, sulk and sit out of the game

or

you can join in, have fun and maybe even win the game!



Good Choices



Good choices also include **healthy choices**.

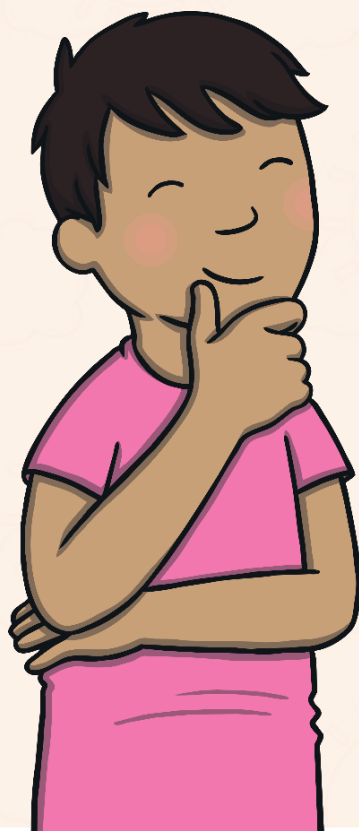
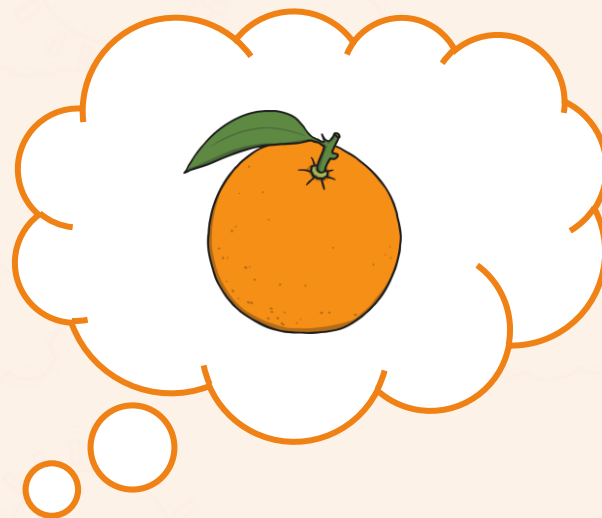
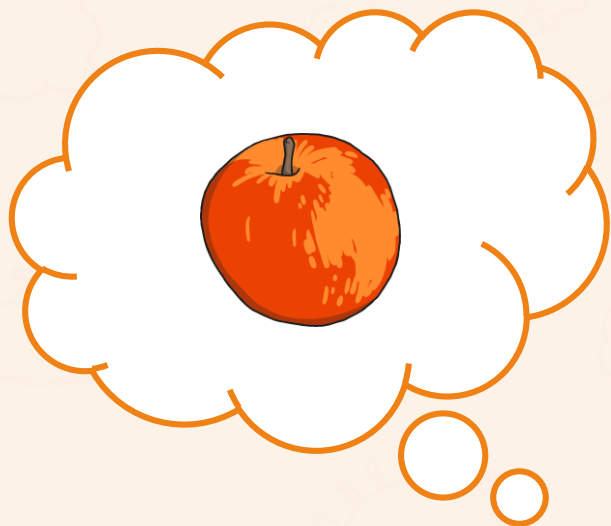
What would happen if you chose to only ever eat sweets?

What would happen if you chose to stay in bed all day, every day?

What might happen if you chose not to use the pedestrian crossing when you needed to cross the road?

Making good choices helps us to stay happy, healthy and safe.



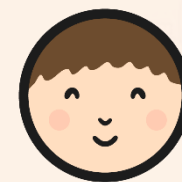


Consolidating

Reflecting

Consolidating

Making Good Choices



When you think about what you are going to do or say and how it will make you or others feel, it can help you make good choices.

Read the statements and decide whether they are choices that would make you feel good or choices that would make you feel bad.

Cut them out and stick them in the right place on the Making Good Choices Activity Sheet.

Making Good Choices

Read the statements and decide if it is a good choice or bad choice. Stick it in the column you choose. Think about how the choice might make you and others feel.

Good Choices = Happy, Healthy and Safe 😊

This resource is linked to the Learning Outcomes and Exit Themes outlined in the PSHE Association Curriculum Framework. <https://www.pshe.org.uk/curriculum-framework/>

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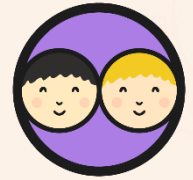
Bad Choices = Unhappy, Unhealthy and Unsafe 😞

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Reflecting

What Makes a Choice a Good Choice?



Talk to your partner and try to answer this question.

These words might be useful...

happy

helpful

safe

feel

affect

right

choose

good

respond

other people

decision

unhappy

right

healthy

The Big Questions



What choices do
we have about
things we say
and do?

How can these
choices affect how
we feel?



What have you learnt today that is going to
help you?

Aim

- I can make good choices and consider the impact of my decisions.

Success Criteria

- I can understand that I can't choose what happens.
- I can understand that I can choose how I respond to things that happen.
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