## **WORKSHEET 12**

Every day we need to make decisions, some decisions are harder than others. When faced with more difficult decisions, we need to apply the STOP, THINK and GO rule.

STOP How do you feel? It is important that you know how you feel will affect your decisions.

THINK Is there a negative of positive consequence if you make the choice?

GO Act on what you have decided.



If you have a problem, don't muddle through.

Here's a simple rap about what to do.

Stop, calm down before you act.

You'll think more clearly – that's a fact.

Say the problem and how you feel.

Set a positive goal (and try to be real).

Now for some "brainy" contributions,

make out a list with lots of solutions.

Slow down, though, and use some sense

'cause you gotta consider each consequence.

Now if you've done your thinking and you're planning ahead,

you can face your problem with a little less dread.

So knowing you've done everything you can,

go ahead – try the very best plan.

- Terri Kazmier,

Instructions: Reading the poem above, try to make your own poem that rhymes about making a decision. Be sure to include the STOP, THINK and GO process to making the best decisions.

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