MAKING CHOICES - WHAT COULD YOU DO?
EXAMPLE - SCENARIO 1

"Your teacher says you are going to work in a group with people you would not choose to work with doing something you have never done before."

- Pretend to be ill
- Refuse to take part
- Join the group but not join in
- Feel nervous, but tell myself to be brave
- Decide not to come to school the next day
- Give it a go if I like the activity
- Join in enthusiastically
- Try to make friends with someone I don't know
- Cry

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Making Choices - What could be the consequences of these actions? How would I feel?

Example - Scenario 1

"Your teacher says you are going to work in a group with people you would not choose to work with doing something you have never done before."

- **Join in enthusiastically**
  - People might make fun of me
  - People might feel sorry for me and make a fuss of me
  - I will feel embarrassed
  - I will feel fed up with myself
  - I will get behind
  - I will get into trouble

- **Pretend to be ill**
  - I will feel fed up with myself
  - I will feel guilty
  - I won’t learn as much
  - I won’t find out whether I could be part of a new group
  - I will miss out

- **Refuse to take part**
  - I will feel fed up with myself
  - I will get told off
  - I will get left out
  - I will feel left out
  - I will feel anxious again
  - I will feel bored
  - I won’t enjoy the session
  - I won’t learn as much
  - I will feel fed up with myself

- **Feel nervous, but tell myself to be brave**
  - People might make fun of me
  - I will wish I had joined in when I see the others enjoying themselves
  - I won’t learn as much
  - I will miss out

- **Join the group but not join in**
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- **Decide not to come to school the next day**
  - I will feel up with myself
  - People might make fun of me
  - People might enjoy myself and make new friends
  - They will include me

- **Try to make friends with someone I don’t know**
  - I might enjoy myself and make new friends

- **Give it a go if I like the activity**
  - I might learn better working with new people
  - I will feel pleased/proUD of myself

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