Lesson 5: Active choices (decision making part 2)

Topic: Decision-making

Objectives: To learn decision-making skills

Lesson outline:
A. Review Lesson 4

-Firstly collect last weeks Switch Off Challenge 1 contract from the children and distribute the Switch Off Challenge 2 contracts. Teachers may like to briefly discuss any difficulties children had in switching off the TV and also discuss what the children did instead.

-IF -THEN statements can be used here for example: IF the student has brothers or sisters wanting them to watch TV with them, THEN encourage student to play a game or go outside (play S2A’s) instead.

-Children are to complete and sign their Switch Off Challenge 2 contract nominating TWO TV SHOWS to switch off until the next ‘Switch-2-Activity’ lesson. Children should be reminded to place their contract on the fridge at home or near the TV so they remember which TWO shows they are Switching Off that week.

B. Children to make a Decision Making Cube

-How to use the Decision Cube:

-Choose a colour on the outside eg R-E-D (flip the corners 3 times – once per letter)

-Choose a number on the inside (flip the corners to match the number selected)

-Choose another number and carry out the option
c. Distribute the pre-printed decision cubes (optional) and get the children to fold them and practice with their partner. Distribute the blank cubes and ask children to write their own questions/instructions on them and decorate each corner with a different colour. Make sure the instructions are safe to carry out in the classroom and they are written in the correct orientation on the cube. Children to try their Decision Cube with a classmate. (See page 6 for alternative suggestions).

Class activities:
- Complete Switch Off Challenge Week 2 Contract
- Making a Decision Cube (one pre-made [optional], one blank)

Conclusion:
Remind children about their Switch Off Challenge (to switch off TWO TV shows), and to bring their forms back.

Equipment:
- Felt tip pens
- Switch Off Challenge Week 2 Contract
- Decision Cube templates (1 pre-made version, 1 blank version)

VELS:
- Physical, Personal and Social Learning:
  - Interpersonal development: working in teams (group activity)
  - Personal learning: behaviour management

Discipline-based Learning:
- English: writing, speaking and listening

Interdisciplinary Learning:
- Thinking processes: development of strategies for gathering and processing information, flexible and creative thinking for decision making
Lesson 5: Decision Cube Example
Lesson 5: Decision Cube Blank
Switch Off Challenge 2 Contract

I (my name) ______________________________________________

declare that from today until my next Switch-2-Activity lesson

(Date From: _______________ to _______________)  

I will Switch Off the television and do something else for my TWO nominated shows. The TWO nominated shows that I promise to Switch Off are:

1) ___________________________________________________________________________
   which is on Channel ___________ at _________________ (time)

2) ___________________________________________________________________________
   which is on Channel ___________ at _________________ (time)

I also promise that the activity I do instead of watching this show will be
SOMETHING ACTIVE (eg. play outside, ride a bike, skateboard, take the dog for a walk).

I promise to return this form for my next Switch-2-Activity class with my parent's signature.

My signature: _________________________________ Date: ___________

My Parent’s Signature: __________________________ Date: ___________

My Parent’s Name: ______________________________