

's

DECISION CHECKLIST

Complete as many of these DECISIONS as you can over the next 7 days.

I take CONTROL of my morning:

tick when done

- I choose what time I get up
- I choose what to have for my breakfast
- I choose what to wear for school

I take CONTROL of my day:

- I choose how much effort I put in
- I choose to try my best each lesson

I take CONTROL of my evening:

- I choose what time to start my homework
- I choose how much screen time I have
- I choose what time I go to bed
- I choose to read before bedtime

I take CONTROL around the house:

- I choose to keep my room tidy
- I choose to tidy up after myself
- I choose to help with the chores

Other DECISIONS I can help to make:

- what we have for dinner
- what the family does at the weekend
- which film to watch
- whether we take the car, public transport, or walk
- what groceries to buy in the weekly shop
- choose my own new clothes
- help my parents/ caregiver with a decision
- choose consequences for my behaviour