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# Word of the Month

## DECISIONS

Making good decisions helps us live healthy, happy lives! Making good decisions is important not just for ourselves, but for the people around us, because our choices can affect other people. For one week, try keeping a “Decision Diary” writing down how one decision you made each day affected someone else.

For example:

Today, I decided to practice martial arts extra at home. My teacher saw how well I was doing and asked me to help her demonstrate a move in class!

You try!

Today, I decided to \_\_\_\_\_. (Other person) \_\_\_\_\_.

Today, I decided to \_\_\_\_\_. (Other person) \_\_\_\_\_.

Today, I decided to \_\_\_\_\_. (Other person) \_\_\_\_\_.

**Student Name:** \_\_\_\_\_

