

STOP – THINK – DO

Scenarios

This activity will utilize the STOP - THINK - DO Decision Making Model to identify steps to develop healthy behaviours. The scenarios focus on community play areas, parks, playgrounds and school yards. The teacher will read out the scenarios one at a time to the class. Students will brainstorm healthy solutions as a class.

Students will pick one of the scenarios and represent their learning in one of the following ways:

- Students could draw two pictures; the problem and their healthy solution.
- Students could act out their healthy solution for the class.
- Students could write out their healthy solution in a story format.

Note: Never have students role play unhealthy or negative behaviours.

Scenarios

1. Your older brother Oliver is smoking in your room. What do you do?
2. Your friend picks up a cigarette butt and dares you to smoke it. You know that smoking is an unhealthy behaviour. What do you do?
3. You and your friend find a lighter on the school playground. Your friend suggests that you see if it works. What do you do?

Discussion

- Have students reflect on these scenarios and their reactions to them. How did they make them feel?
- After discussing, ask the students to review what they had control over.
- Discuss why making healthy choices can be difficult at times.
- Examine factors that influence decisions to make healthy choices (e.g., family, friends, fear, money, culture, etc.).

Action

Have students think about a situation where they were faced with making a healthy choice (this might be a simple routine healthy choice). Did they have control over this choice? Have students reflect and discuss personal choices.