



## Teaching Progression:



### Step 5: Reflect

#### REFLECTION QUESTION(S):

- How did the decision make me feel?
- What options did I think about at first?
- Why did I choose the option I did?
- What might happen next after this decision?
- How did asking for help make my decision healthier?
- How does this decision affect others?
- How does this decision affect my relationships?
- How does this decision align with my values?
- How does this decision affect my goals?
- Would I make that decision again? Why or why not?
- What do I want to remember next time I have to make the same decision?

#### VALUABLE VOCABULARY:

*reflect,  
negative,  
positive,  
outcome*

#### GUIDING QUESTIONS:

How do I reflect on my decisions? How do I know when I have made a healthy decision?

#### NHES PERFORMANCE INDICATORS:

(5.12.7) Evaluate the effectiveness of health-related decisions.



#### SUGGESTED LEARNING ACTIVITY:

Ask students questions that will help them understand the importance of looking back on their decisions and learning from them. For example ask the following questions:

- How did the decision make me feel?
- What options did I think about at first?
- Why did I choose the option you did?
- What might happen next after this decision?
- How did asking for help make my decision healthier?
- How does this decision affect others?
- How does this decision affect my relationships?
- How does this decision align with my values?
- How does this decision affect my goals?
- Would I make that decision again? Why or why not?
- What do I want to remember next time I have to make the same decision?

Ask students to share their reflections aloud about different decisions related to health. Celebrate students for naming the specific reasons they chose certain options. Remind students that reflecting, or looking back, at their decision and how they made it, will help them make healthy decisions in the future.

**See Next Page For Teaching Notes.**



## Teaching Progression: Step 5 | Reflect (Cont.)

### TEACHING NOTES:

- Provide many opportunities for students to answer these questions.
- Allow students to reflect in a variety of modes, including: through drawing, writing, partner discussion, whole-class discussion, and one-on-one conferencing.
- Model this reflection process for a decision you have made.