



# FORECAST CHOICES



## SUNNY (POSITIVE) FORECAST

I raised my hand to give my answer to the teacher.

I studied for the test instead of playing with my friends.

I apologized to my friend.

I did not have time to play video games because it was too late at night.



## STORMY (NEGATIVE) FORECAST

I stayed up past my bedtime.

I did not pay attention to the directions.

I yelled out my answer in class without raising my hand.

I called my friend a mean

A logo featuring a yellow sun with rays behind a white cloud. The word "your" is written in a cursive font inside the cloud, and the words "FORECAST" and "CHOICES" are written in large, bold, black capital letters to the right of the cloud.

# FORECAST your CHOICES

## Objective:

\*Students will identify positive and negative choices and determine alternative options.

## Materials:

- \*Printout of Stop, Think, Choose poster.
- \*Sorting pages (sunny, cloudy, stormy)
- \*Printout of sorting cloud cards (cut out in advance).
- \*Forecast your choices handouts and think sheet.
- \*Blank game cards included if you want to make your own.

## Guiding Questions

- \*Why is it important to think about our choices before we act?
- \*How can making good choices improve your life?

## Activity Details:

\*Say "Every day we make hundreds of choices, I know that may seem like a lot, but everything we do is a choice. You are choosing to sit there and listen to me talk, that's a choice. I am choosing to speak at this volume or I can choose to speak louder. It's all up to us, from small choices like the ones we do not even realize we are making, and big choices like ones that could get us in trouble or keep us safe. In order to make good choices, we first have to be more aware of when we are about to make a choice instead of just acting without thinking, this is called using self-control." Show students the Stop, Think, Choose poster. "Before you do anything you need to stop, then you need to think about what you are about to do. Ask yourself: Is what you are about to do going to be a good choice for your future? Think about other choices you could make, then choose the best action that will most likely get you a positive outcome. This takes practice, even adults struggle with it." Pass out the Forecast your choices handouts and go through each example. "Let's continue to forecast (or predict) the outcome of our choices by sorting between positive and negative choices." Place the sorting (sunny, cloudy, stormy) pages on the table, go through each cloud card and have the students sort them onto the appropriate page. Lastly, give students the think sheet and explain that they should use this when they make a poor choice in order to learn from their mistakes and to become more aware of their thinking.

## ASCA Standards Alignment:

- \*Mindset: (M 5) Belief in using abilities to their fullest to achieve high-quality results and outcomes.
- \*Behavior: Self-management skills: (B-SMS 2) Demonstrate self-discipline and self-control.
- \*Behavior: Self-management skills: (B-SMS 4) Demonstrate ability to delay immediate gratification for long-term rewards.

## SEL Competencies:

- \*Self-management: impulse control, self-discipline, self-motivation.
- \*Responsible decision making: Identifying problems, analyzing situations, solving problems, evaluating.

# STOP

Before you do anything,  
stop yourself.

This is called using self-control.

# THINK



Think about what you are about to  
do and what will happen if you do  
it. Think about other choices you  
could make instead.

# CHOOSE



Choose an action that will most  
likely get a positive outcome.



# FORECAST CHOICES

**STOP**

**THINK**

**CHOOSE**

You are about to tattle on your friend for touching your paper.

Forecast for this choice:  
  
What might happen next?

What is a different choice you can make?

You are going to scream because you are so mad.

Forecast for this choice:  
  
What might happen next?

What is a different choice you can make?

You want to tell your teacher the truth even though you are probably going to get in trouble.

Forecast for this choice:  
  
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What is a different choice you can make?

You know the answer and want to blurt it out.

Forecast for this choice:  
  
What might happen next?

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# FORECAST CHOICES

**STOP**

**THINK**



**CHOOSE**

Your classmate hit you and you want to hit them back.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

You are invited to a party this weekend, but you think you should stay home and study for the big test.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

You are having so much fun playing a video game, you want to stay up late and keep playing.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

You want to make everyone laugh by making a loud noise during a lesson.

Forecast for this choice:



What might happen next?

What is a different choice you can make?



# FORECAST CHOICES

**STOP**

**THINK**

**CHOOSE**

You want to play with your friends instead of finishing your homework.

Forecast for this choice:  
  
What might happen next?

What is a different choice you can make?

Your friend is trying to talk to you during the lesson, you want to talk to her too.

Forecast for this choice:  
  
What might happen next?

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Your classmate is teasing you, you want to just ignore them.

Forecast for this choice:  
  
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You wait at the back of the line even though you are in a hurry.

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# FORECAST CHOICES

**STOP**

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**CHOOSE**

Your friend asks if you like their shirt, you want to tell them you do not like it.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

Someone else is on the computer that you want to use, you are about to tell them to get off the computer now.

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Your friend is telling you a story but you want to tell him something off topic.

Forecast for this choice:



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You think of something to tell the teacher, she is talking so you want to wait till she is done to tell her.

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What might happen next?

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# FORECAST CHOICES

## STOP

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## CHOOSE

<p>Your friend asks if you like their new shoes. You do not like them but want to tell her you do so you do not hurt her feelings.</p>	<p>Forecast for this choice:</p>  <p>What might happen next?</p>	<p>What is a different choice you can make?</p>
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# FORECAST CHOICES

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<p>You need to write your homework in your agenda but you want to finish talking to your friend.</p>	<p>Forecast for this choice:  What might happen next?</p>	<p>What is a different choice you can make?</p>
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# FORECAST CHOICES

**STOP**

**THINK**



**CHOOSE**

You promised to do your chores but you want to put them off till tomorrow.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

You have a lot of homework to do, you want to do some of it and then go play.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

There is a spelling test tomorrow but you also have a big soccer game and want to practice.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

You do not understand the directions and want to check with the teacher if you have it right.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

# STOP

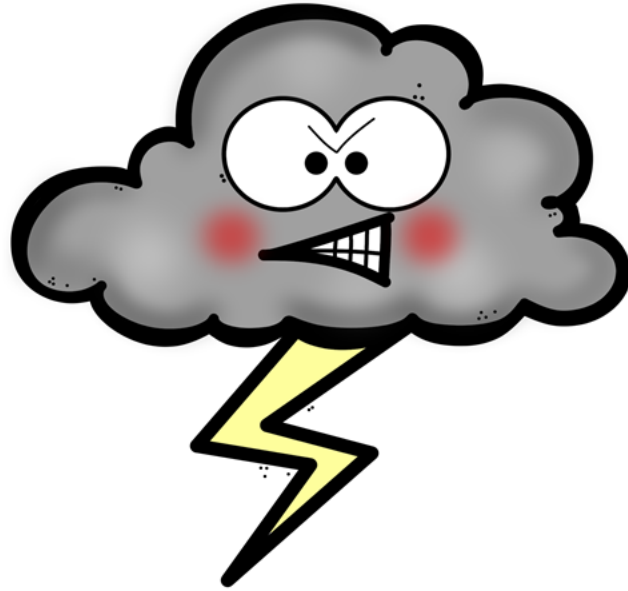
What negative choice did I make?

# THINK

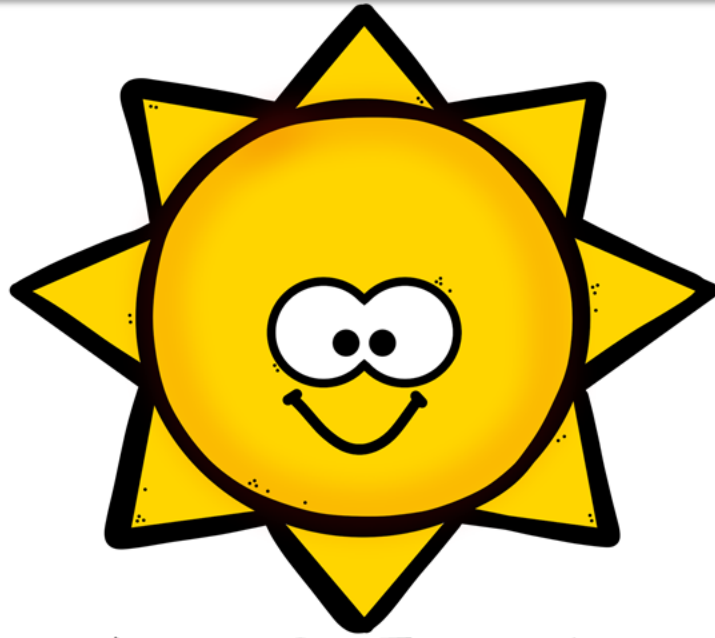
What happened because of this choice?

# CHOOSE

What positive choice could I have made instead?



**STORMY (NEGATIVE) FORECAST**



**SUNNY (POSITIVE) FORECAST**



**CLOUDY (UNSURE) FORECAST**

I stayed up  
past my  
bedtime.

I played video  
games until  
late last night.

I yelled out my  
answer in class  
without raising  
my hand.

I did not study  
for the test.

I daydreamed  
during the entire  
class lesson.

I did not pay  
attention to  
the directions.

I forgot my  
agenda at  
home.

I called my  
friend a mean  
name.

I went to  
bed right at  
my bedtime.

I did not have time to play  
video games because it  
was too late at night.

I raised my  
hand to give my  
answer to the  
teacher.

I studied for the test  
instead of playing with  
my friends.

I listened closely  
to the lesson being  
taught.

I listened to  
the directions  
carefully.

I check my  
backpack for my  
agenda every day.

I apologized  
to my friend.

I cut in front  
of someone in  
the lunch line.

I made up an excuse  
for not doing my  
homework.

I passed a note  
to my friend  
during class.

I was disrespectful  
when my teacher  
corrected me.

I was playing with stuff  
in my desk and missed  
the whole lesson.

I got angry when I  
lost recess for  
breaking a class rule.

I lied to my parents  
about the grade I  
got on my test.

I told my teacher I  
understood the lesson  
when I did not.

I waited patiently for my turn.

I was honest when asked if I forgot to do my homework.

I waited to tell my friend something until after the lesson.

I was respectful when my teacher corrected me.

I completed all of my homework without being reminded to do so.

I started my classwork as soon as it was assigned.

When I got angry, I counted to 10 to cool down.

I asked for help when I did not understand what was taught.

I pushed past  
someone in  
line.

I took something that  
did not belong to me.

I let someone  
else take the  
blame for  
something I did.

I spilled milk in the  
cafeteria and did  
not clean it up.

I did not clean my  
room and I promised  
my mom I would.

I did not finish my  
portion of the  
group project.

I randomly screamed  
in the lunch room to  
be funny.

I went to the computer  
even though I am supposed  
to be at the reading center.

I said "excuse me" when I needed to get by someone.

I returned something that did not belong to me.

I was accountable for my actions.

I clean up after myself in the cafeteria.

I cleaned my room because I promised my mom I would.

I completed my portion of the group project on time.

I follow the lunch room rules even if others do not.

I asked my teacher for permission to go to a different center.

I put off my  
Science Project  
and it's due  
tomorrow.

I interrupted when  
my friend was telling  
me a story.

I jump out of my  
seat and run to the  
bathroom.

I have not  
practiced my  
spelling words.

I stayed out past  
my curfew.

I played with my  
friends instead of  
finishing my homework.

I ate an entire bag of  
candy.

I yelled at my  
little brother to  
leave me alone.

I worked on my project little by little so it would be done on time.

I listen when my friends talk.

I walk calmly to the bathroom so I do not disturb others.

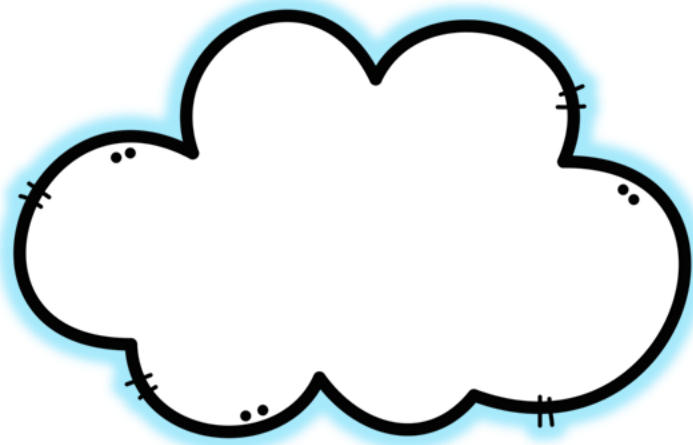
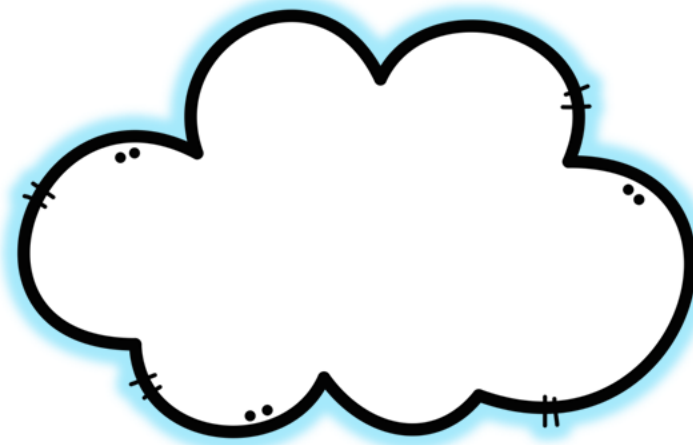
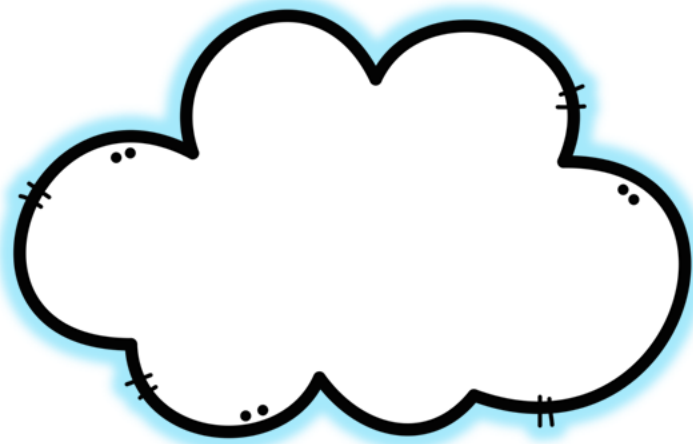
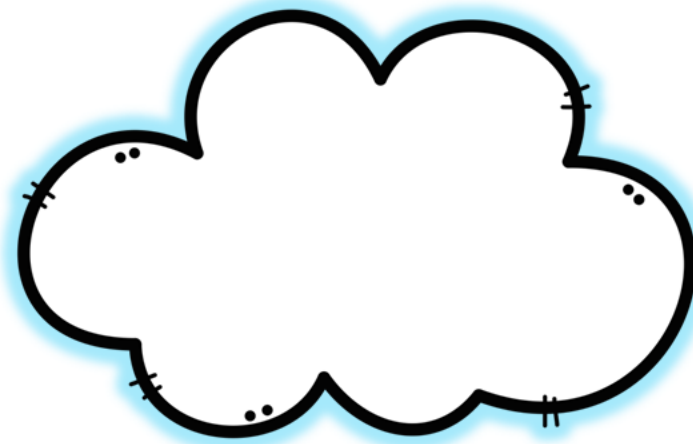
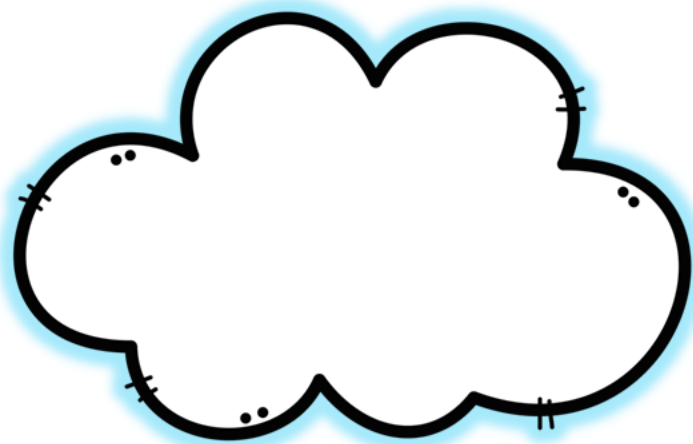
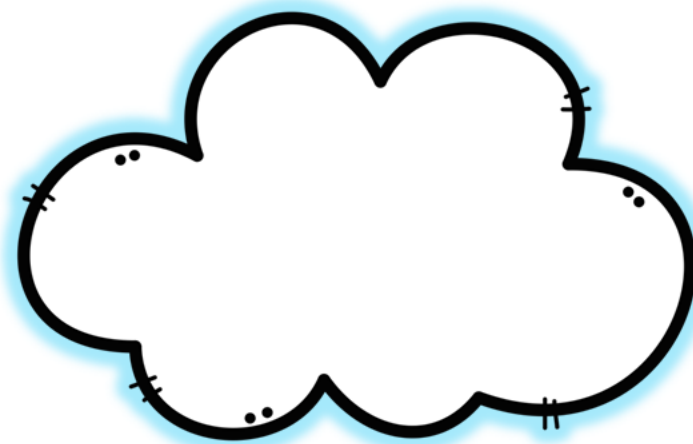
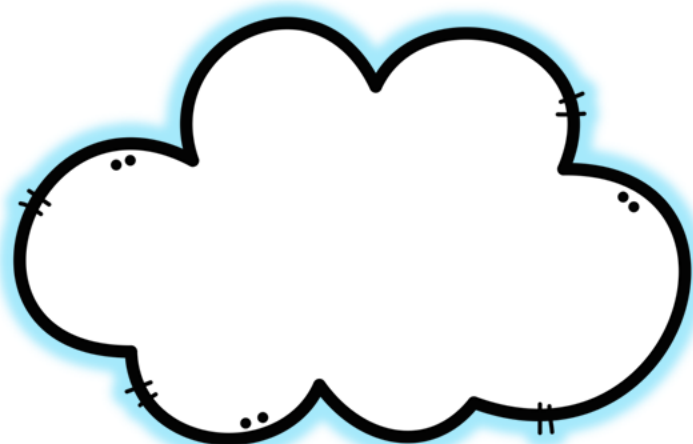
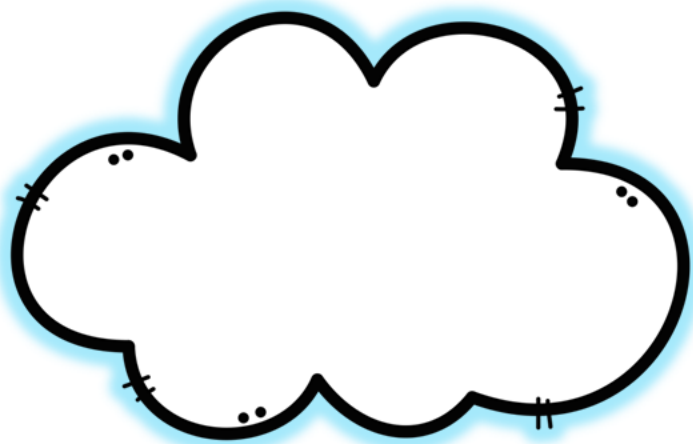
I practice my spelling words a few days before I know there is a quiz.

I had to leave the party early so I would not miss my curfew.

I had to stop playing with my friends a little early to be able to finish my homework.

I ate a few bites of candy and saved the rest for another day.

I asked my brother nicely if I could have some time to myself.



The logo features a stylized sun with rays behind a cloud. The word "your" is written in a cursive font inside the cloud, and "FORECAST CHOICES" is written in a bold, sans-serif font to the right of the cloud.

# FORECAST CHOICES

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\*Students will identify positive and negative choices and determine alternative options.

## Materials:

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## Guiding Questions

- \*Why is it important to think about our choices before we act?
- \*How can making good choices improve your life?

## Activity Details:

\*Say "Every day we make hundreds of choices, I know that may seem like a lot, but everything we do is a choice. You are choosing to sit there and listen to me talk, that's a choice. I am choosing to speak at this volume or I can choose to speak louder. It's all up to us, from small choices like the ones we do not even realize we are making, and big choices like ones that could get us in trouble or keep us safe. In order to make good choices, we first have to be more aware of when we are about to make a choice instead of just acting without thinking, this is called using self-control." Show students the Stop, Think, Choose poster. "Before you do anything you need to stop, then you need to think about what you are about to do. Ask yourself: Is what you are about to do going to be a good choice for your future? Think about other choices you could make, then choose the best action that will most likely get you a positive outcome. This takes practice, even adults struggle with it." Pass out the Forecast your choices handouts and go through each example. "Let's continue to forecast (or predict) the outcome of our choices by sorting between positive and negative choices." Place the sorting (sunny, cloudy, stormy) pages on the table, go through each cloud card and have the students sort them onto the appropriate page. Lastly, give students the think sheet and explain that they should use this when they make a poor choice in order to learn from their mistakes and to become more aware of their thinking.

## ASCA Standards Alignment:

- \*Mindset: (M 5) Belief in using abilities to their fullest to achieve high-quality results and outcomes.
- \*Behavior: Self-management skills: (B-SMS 2) Demonstrate self-discipline and self-control.
- \*Behavior: Self-management skills: (B-SMS 4) Demonstrate ability to delay immediate gratification for long-term rewards.

## SEL Competencies:

- \*Self-management: impulse control, self-discipline, self-motivation.
- \*Responsible decision making: Identifying problems, analyzing situations, solving problems, evaluating.

# STOP

Before you do anything,  
stop yourself.

This is called using self-control.

# THINK



Think about what you are about to  
do and what will happen if you do  
it. Think about other choices you  
could make instead.

# CHOOSE



Choose an action that will most  
likely get a positive outcome.



# FORECAST CHOICES

## STOP

## THINK

## CHOOSE

You are about to tattle on your friend for touching your paper.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

You are going to scream because you are so mad.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

You want to tell your teacher the truth even though you are probably going to get in trouble.

Forecast for this choice:



What might happen next?

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You know the answer and want to blurt it out.

Forecast for this choice:



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# FORECAST CHOICES

**STOP**

**THINK**

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Your classmate hit you and you want to hit them back.

Forecast for this choice:



What might happen next?

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You are invited to a party this weekend, but you think you should stay home and study for the big test.

Forecast for this choice:



What might happen next?

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You are having so much fun playing a video game, you want to stay up late and keep playing.

Forecast for this choice:



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You want to make everyone laugh by making a loud noise during a lesson.

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# FORECAST CHOICES

**STOP**

**THINK** 

 **CHOOSE**

<p>You want to play with your friends instead of finishing your homework.</p>	<p>Forecast for this choice:    What might happen next?</p>	<p>What is a different choice you can make?</p>
<p>Your friend is trying to talk to you during the lesson, you want to talk to her too.</p>	<p>Forecast for this choice:    What might happen next?</p>	<p>What is a different choice you can make?</p>
<p>Your classmate is teasing you, you want to just ignore them.</p>	<p>Forecast for this choice:    What might happen next?</p>	<p>What is a different choice you can make?</p>
<p>You wait at the back of the line even though you are in a hurry.</p>	<p>Forecast for this choice:    What might happen next?</p>	<p>What is a different choice you can make?</p>



# FORECAST CHOICES

## STOP

## THINK

## CHOOSE

Your friend asks if you like their shirt, you want to tell them you do not like it.

Forecast for this choice:



What might happen next?

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Someone else is on the computer that you want to use, you are about to tell them to get off the computer now.

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What might happen next?

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Your friend is telling you a story but you want to tell him something off topic.

Forecast for this choice:



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You think of something to tell the teacher, she is talking so you want to wait till she is done to tell her.

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What might happen next?

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# FORECAST CHOICES

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## THINK

## CHOOSE

You promised to do your chores but you want to put them off till tomorrow.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

You have a lot of homework to do, you want to do some of it and then go play.

Forecast for this choice:



What might happen next?

What is a different choice you can make?

There is a spelling test tomorrow but you also have a big soccer game and want to practice.

Forecast for this choice:



What might happen next?

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You do not understand the directions and want to check with the teacher if you have it right.

Forecast for this choice:



What might happen next?

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# STOP

What negative choice did I make?

# THINK

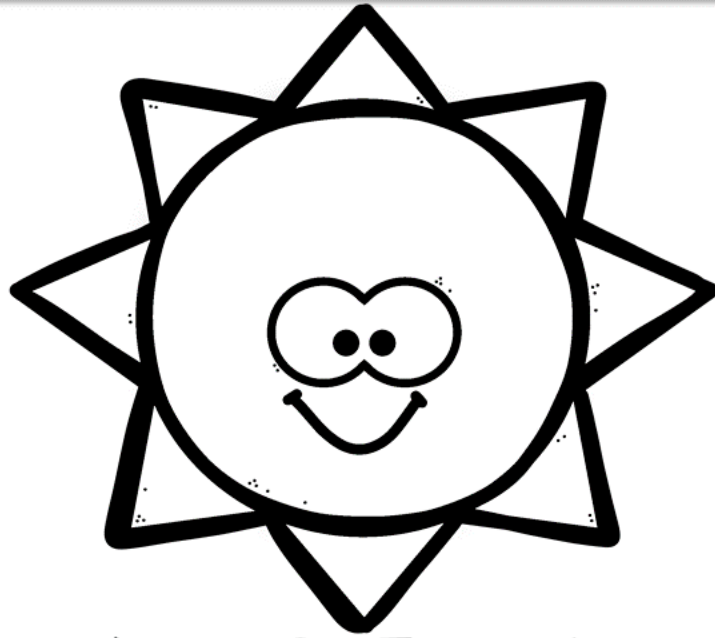
What happened because of this choice?

# CHOOSE

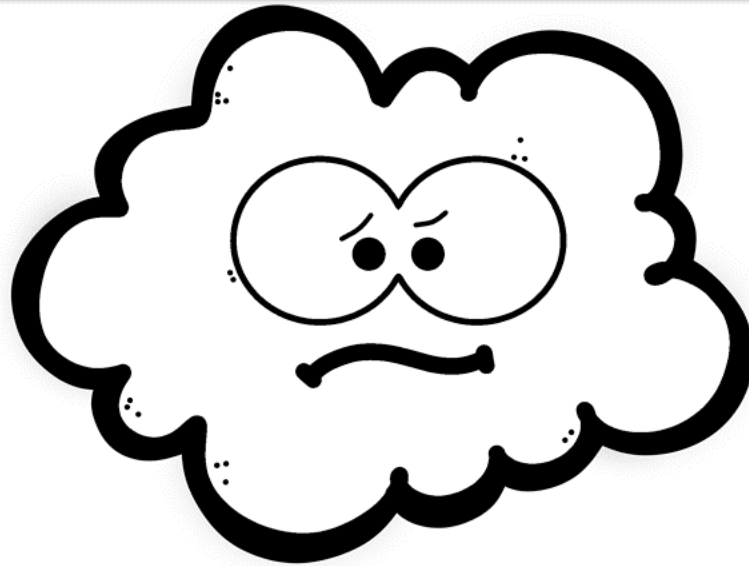
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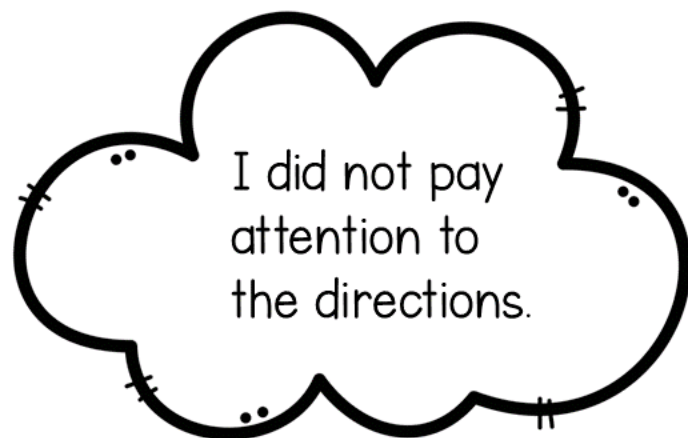
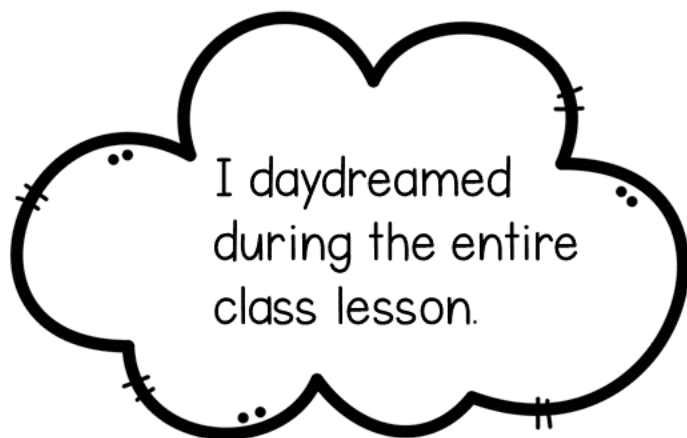
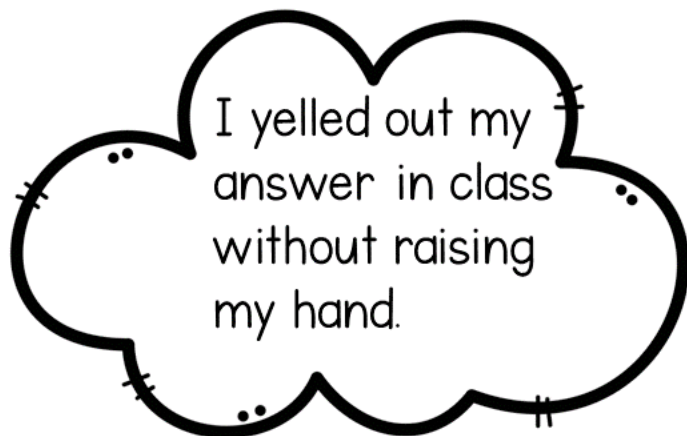
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**SUNNY (POSITIVE) FORECAST**

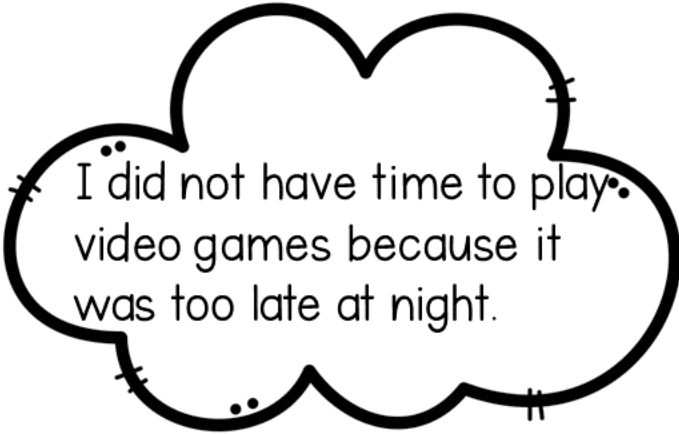


**CLOUDY (UNSURE) FORECAST**

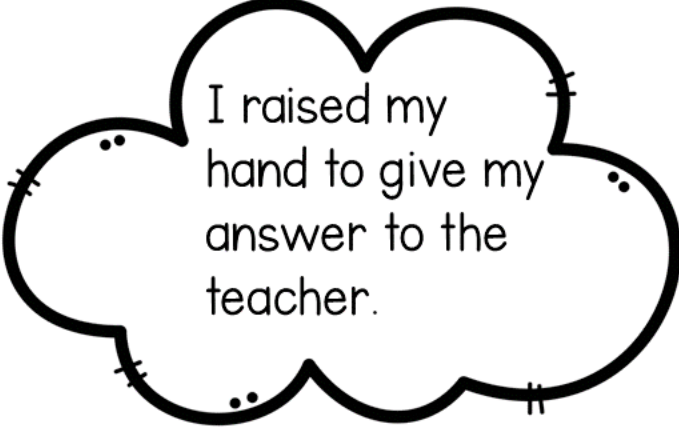




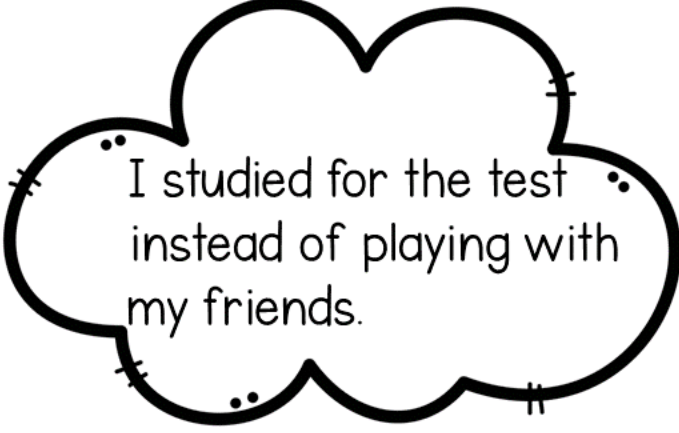
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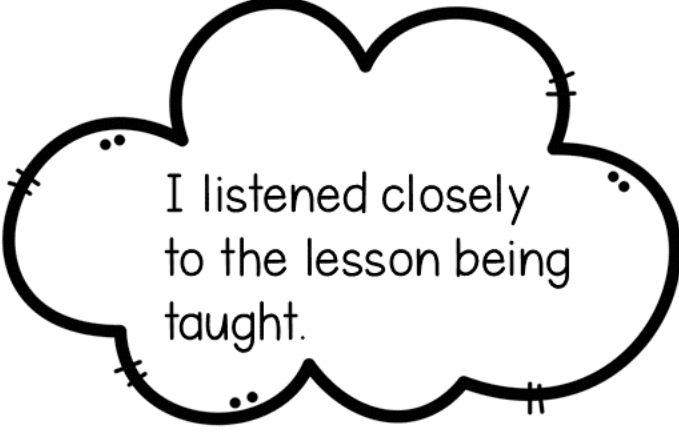
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I listened closely  
to the lesson being  
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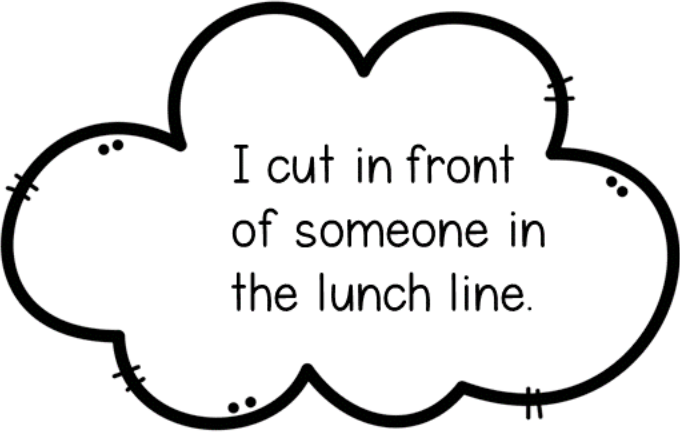
I listened to  
the directions  
carefully.



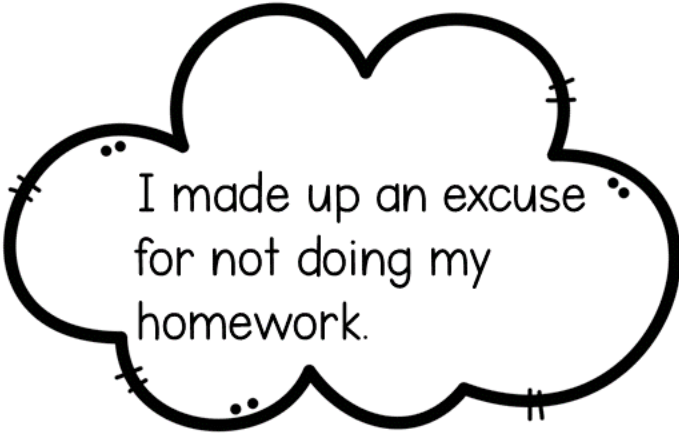
I check my  
backpack for my  
agenda every day.



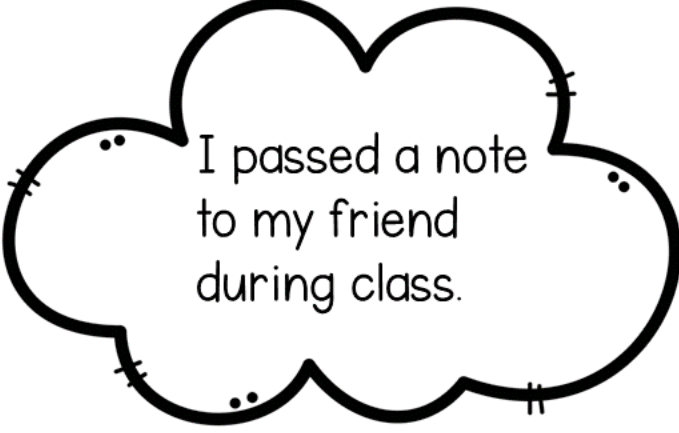
I apologized  
to my friend.



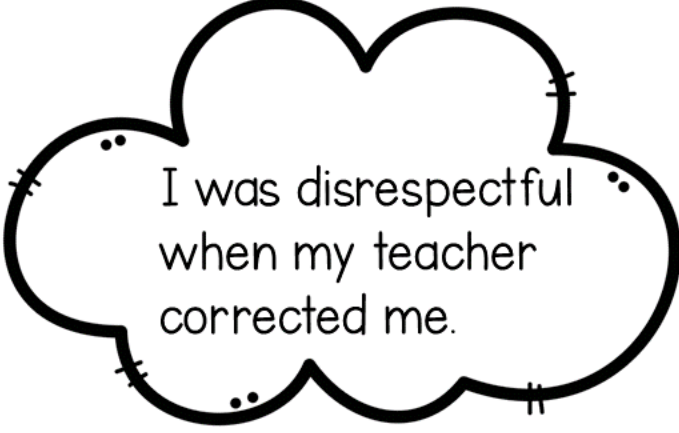
I cut in front  
of someone in  
the lunch line.



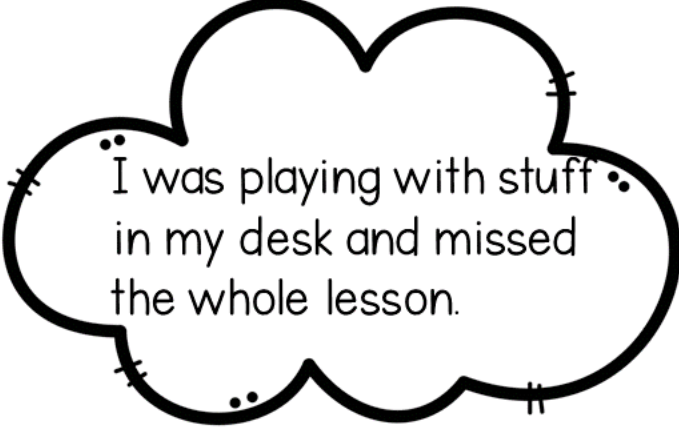
I made up an excuse  
for not doing my  
homework.




I passed a note  
to my friend  
during class.



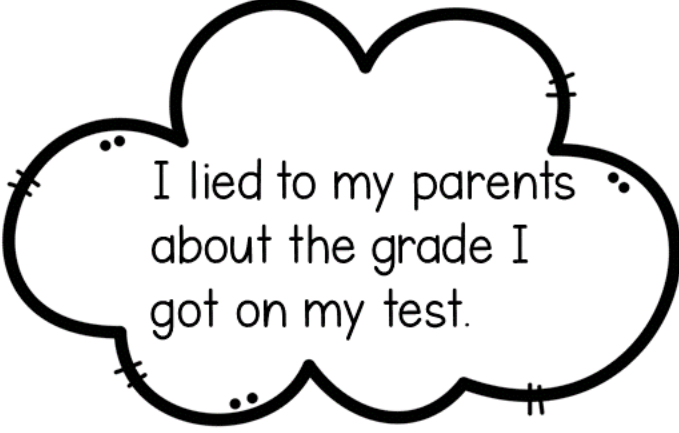
I was disrespectful  
when my teacher  
corrected me.



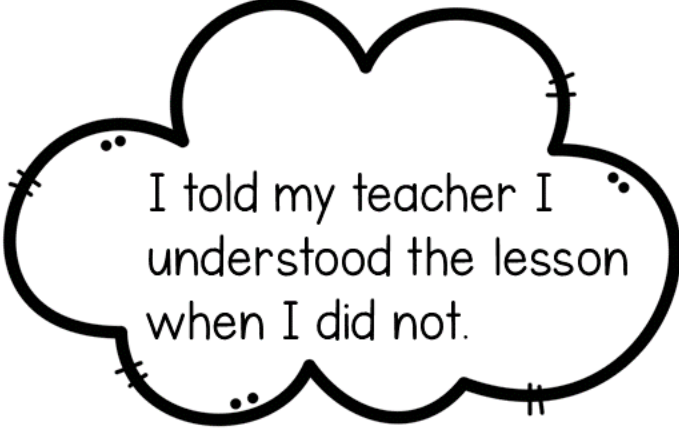
I was playing with stuff  
in my desk and missed  
the whole lesson.



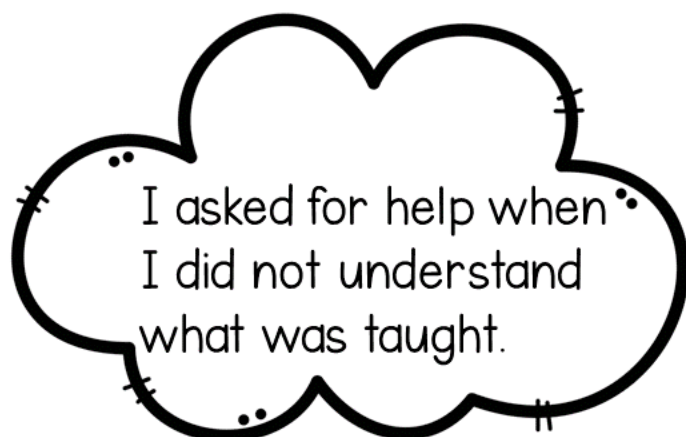
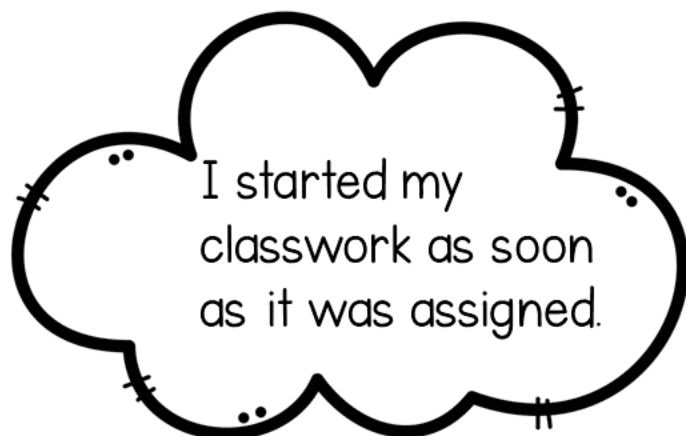
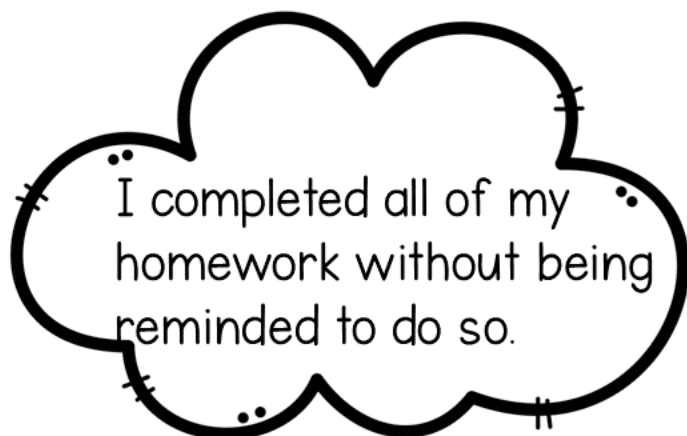
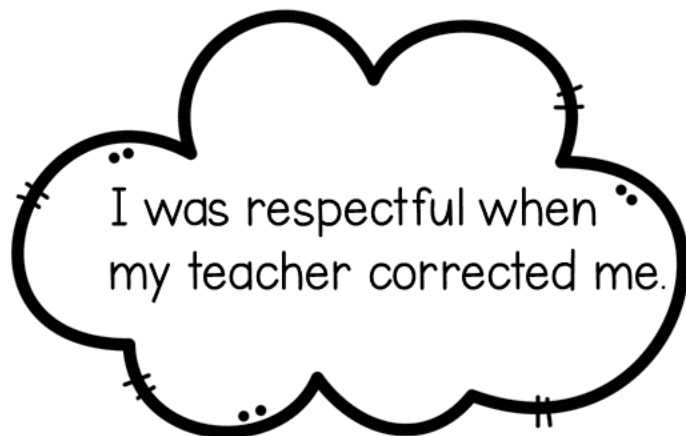
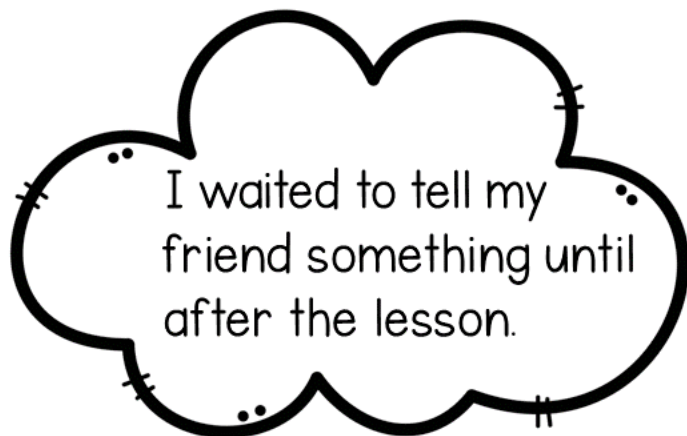
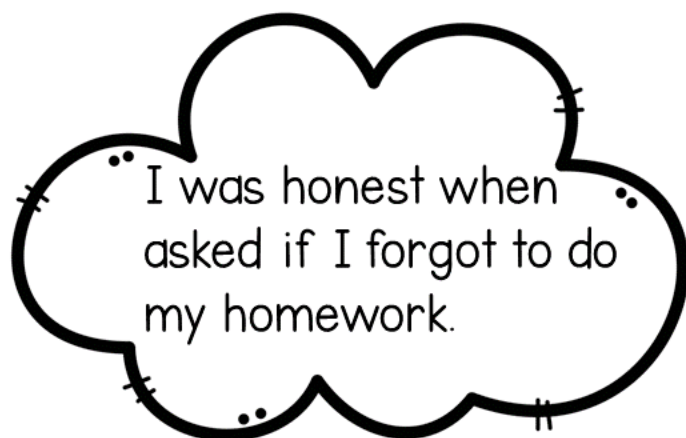
I got angry when I  
lost recess for  
breaking a class rule.

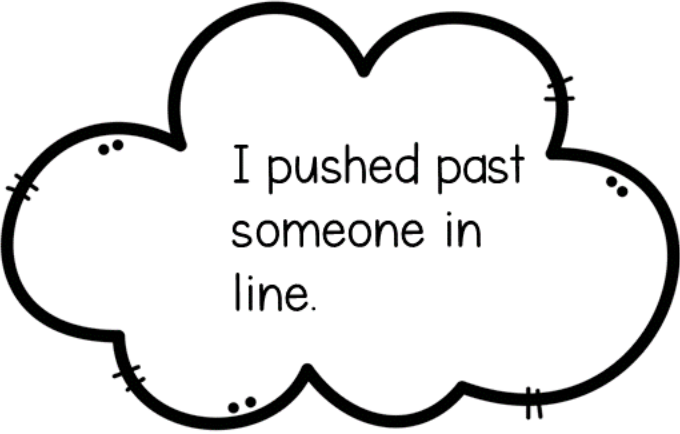


I lied to my parents  
about the grade I  
got on my test.

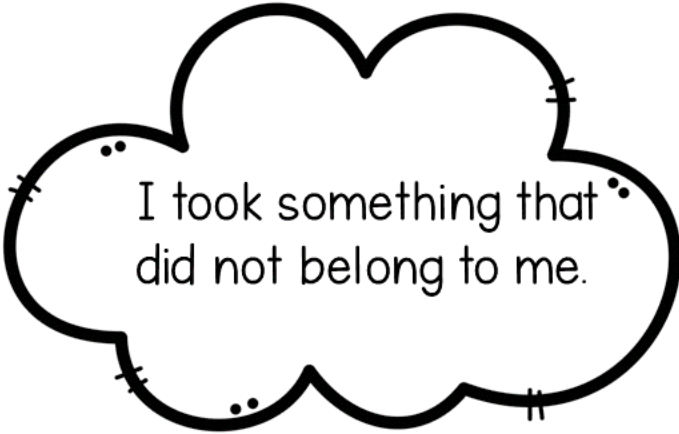


I told my teacher I  
understood the lesson  
when I did not.






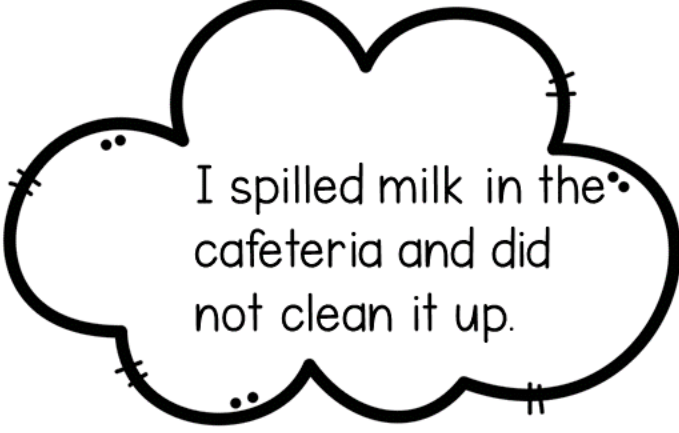
I pushed past  
someone in  
line.




I took something that  
did not belong to me.




I let someone  
else take the  
blame for  
something I did.



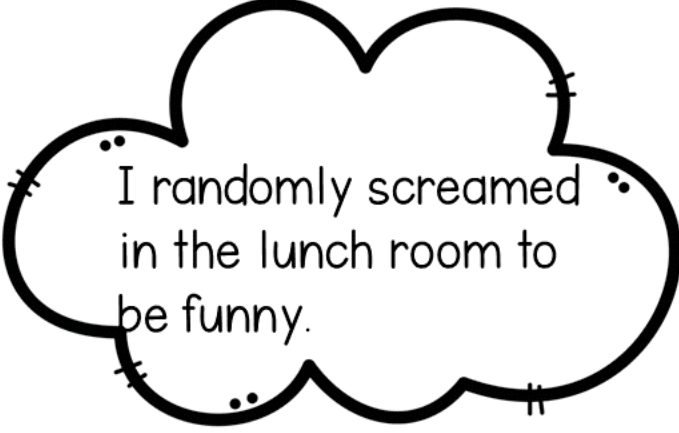
I spilled milk in the  
cafeteria and did  
not clean it up.



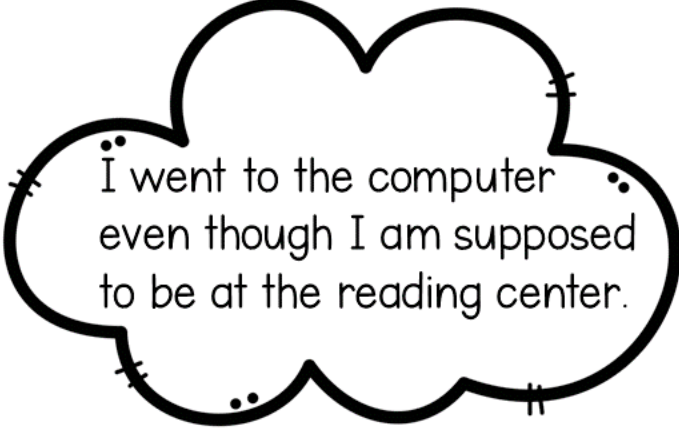
I did not clean my  
room and I promised  
my mom I would.



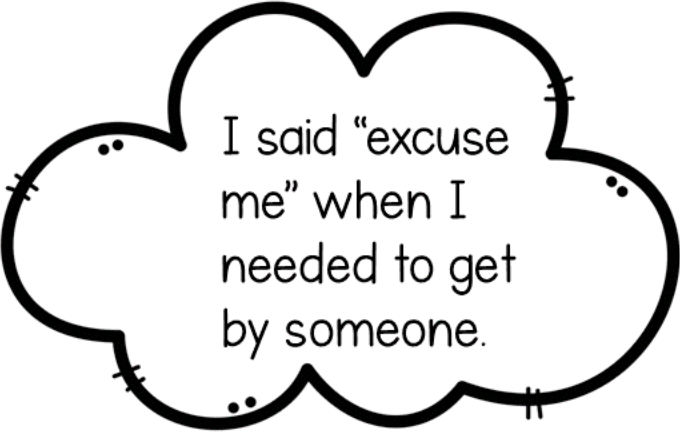
I did not finish my  
portion of the  
group project.



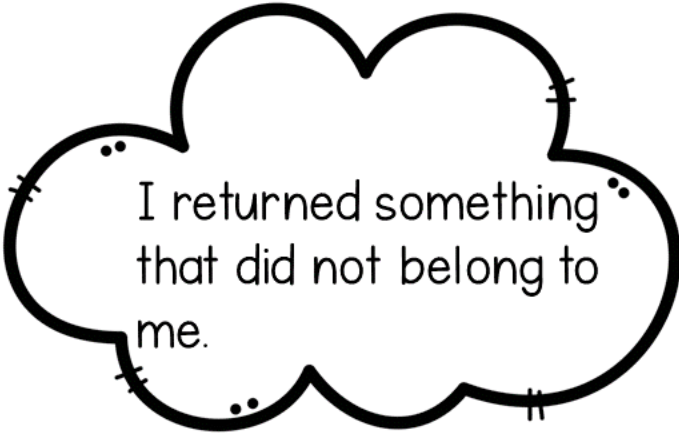
I randomly screamed  
in the lunch room to  
be funny.




I went to the computer  
even though I am supposed  
to be at the reading center.




I said "excuse me" when I needed to get by someone.




I returned something that did not belong to me.




I was accountable for my actions.



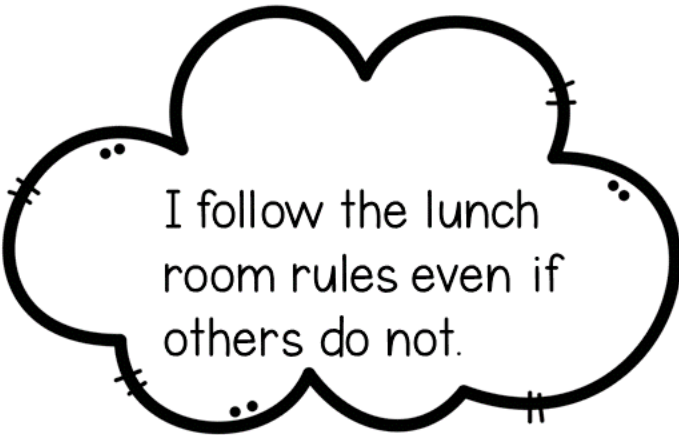
I clean up after myself in the cafeteria.



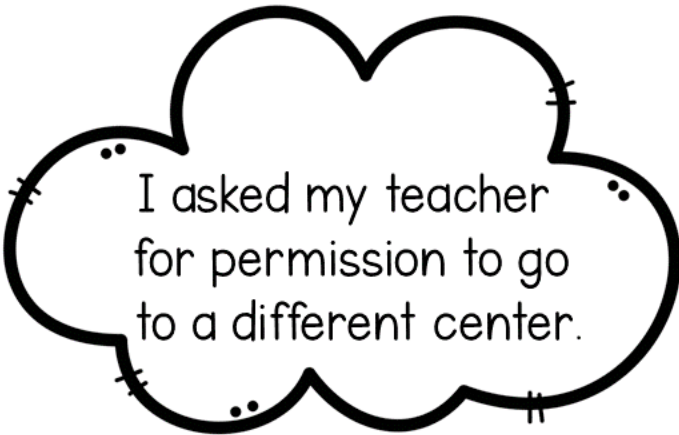
I cleaned my room because I promised my mom I would.



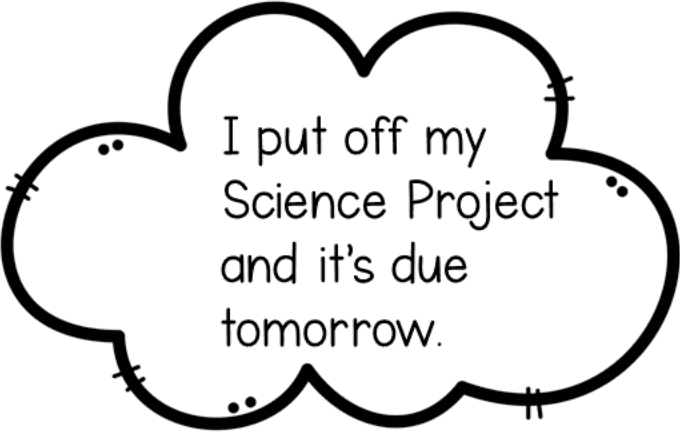
I completed my portion of the group project on time.



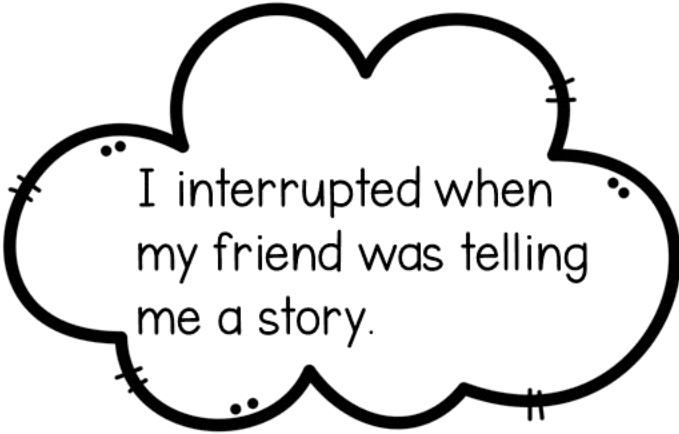
I follow the lunch room rules even if others do not.



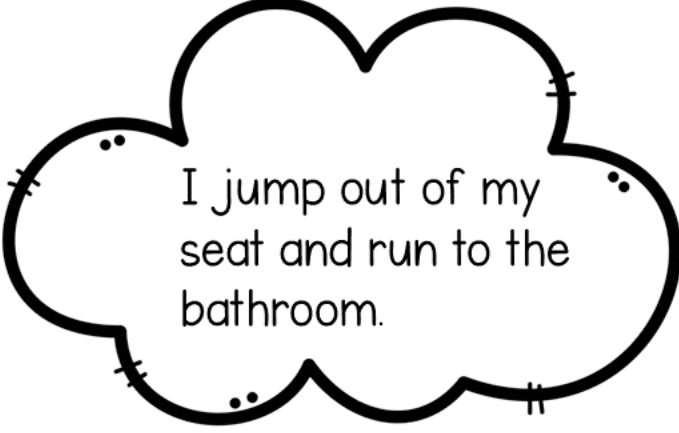
I asked my teacher for permission to go to a different center.



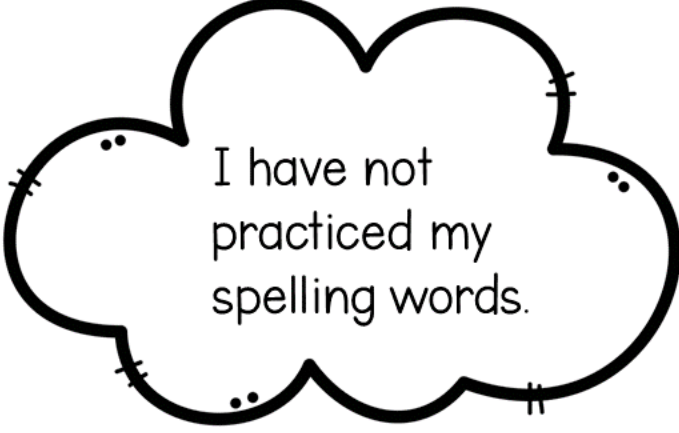
I put off my  
Science Project  
and it's due  
tomorrow.




I interrupted when  
my friend was telling  
me a story.



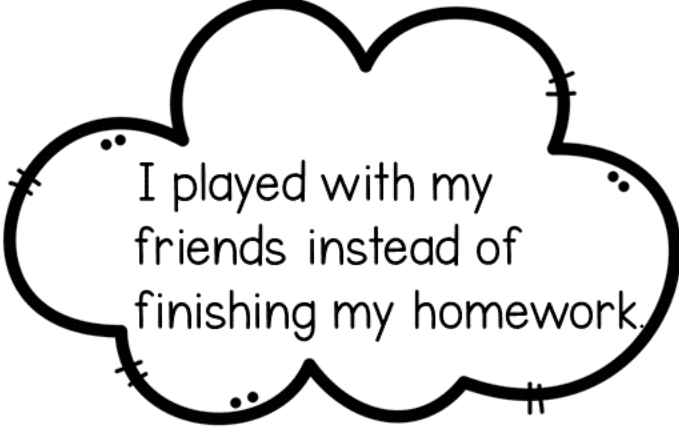
I jump out of my  
seat and run to the  
bathroom.




I have not  
practiced my  
spelling words.




I stayed out past  
my curfew.



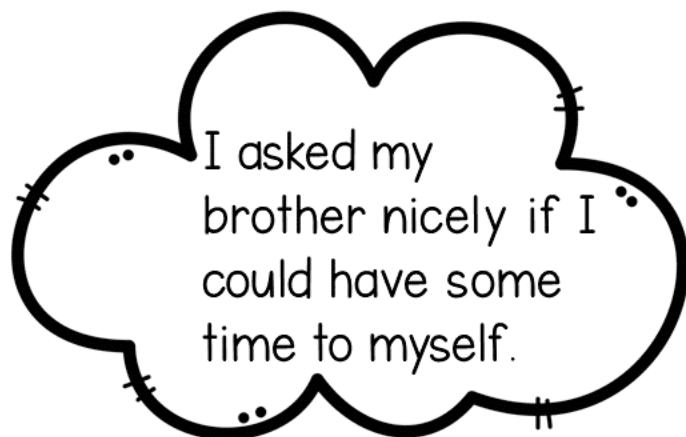
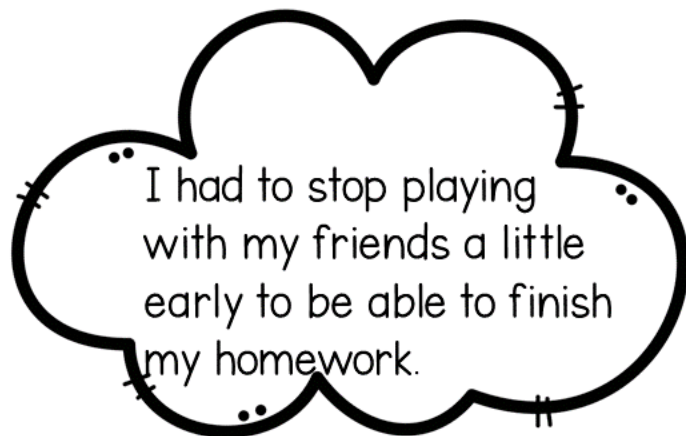
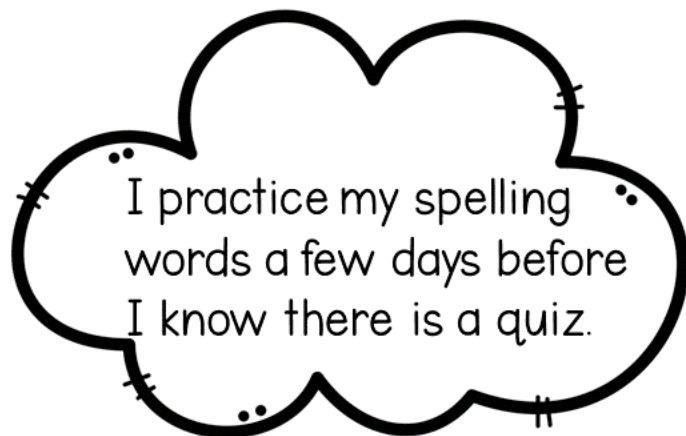
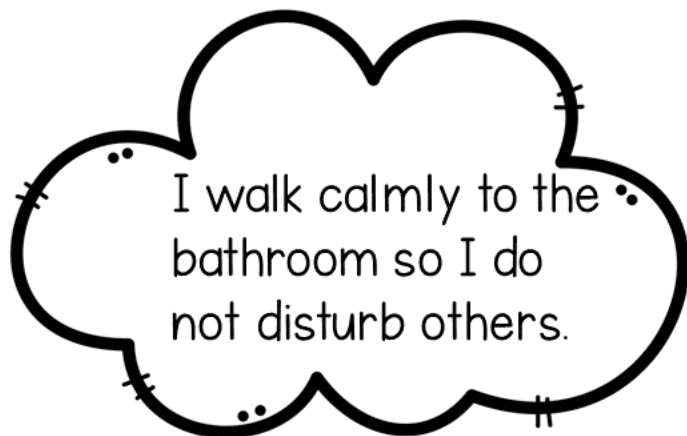
I played with my  
friends instead of  
finishing my homework.

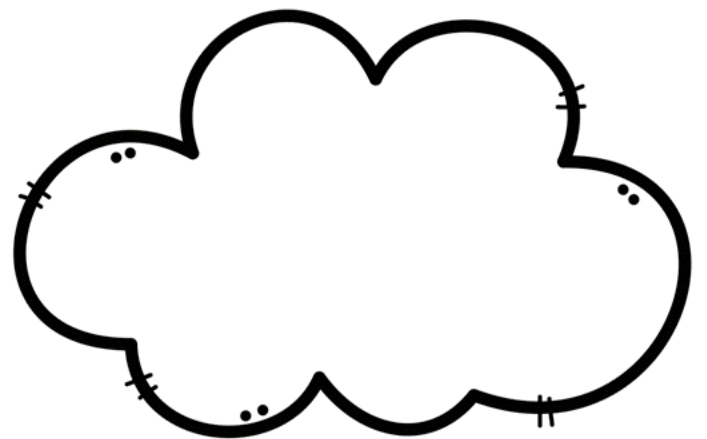
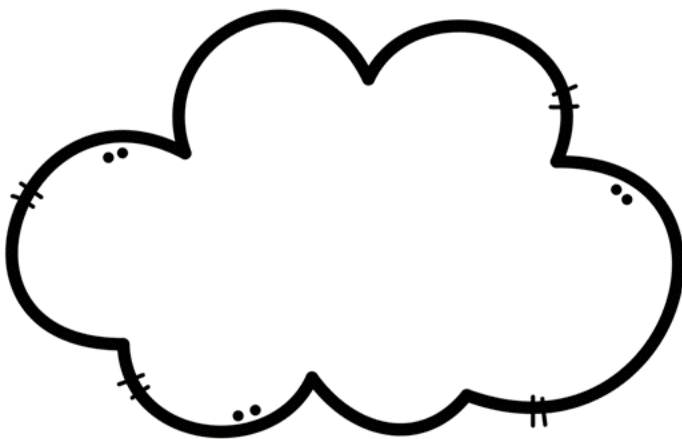
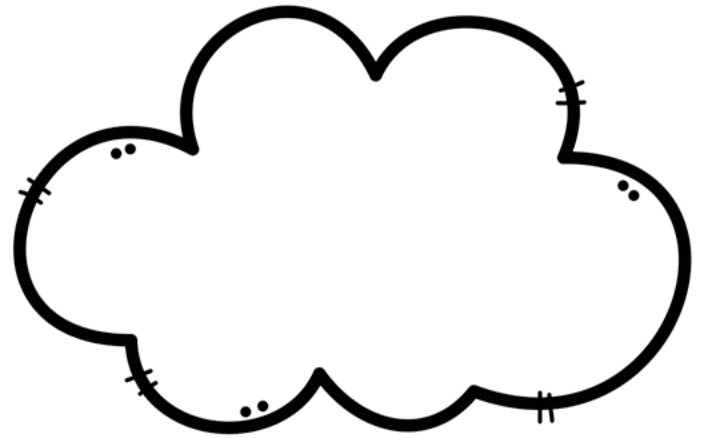
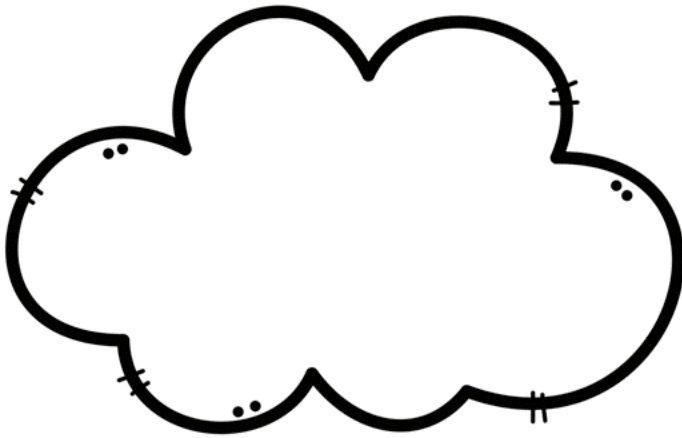
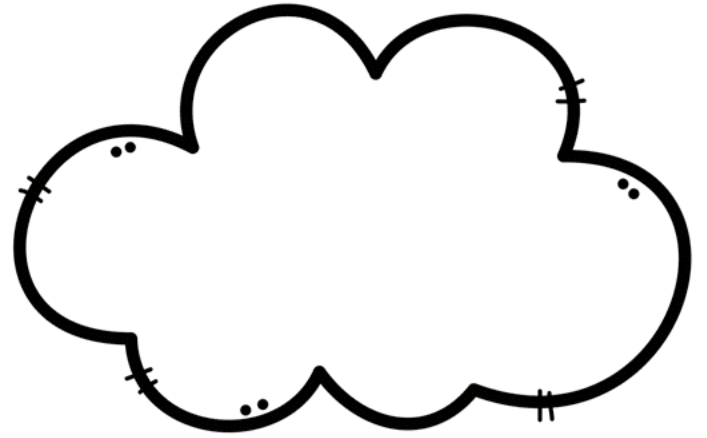
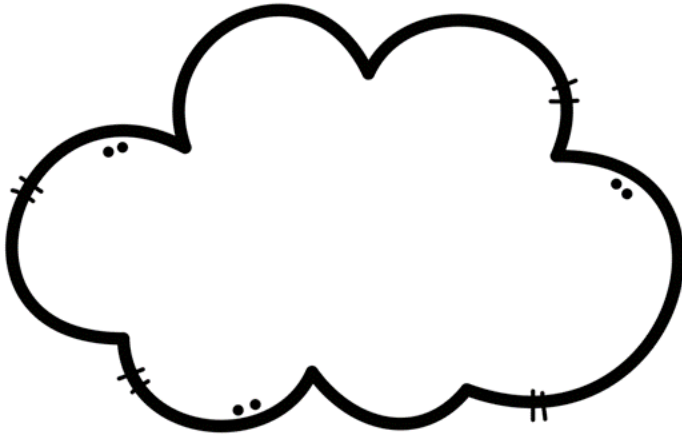
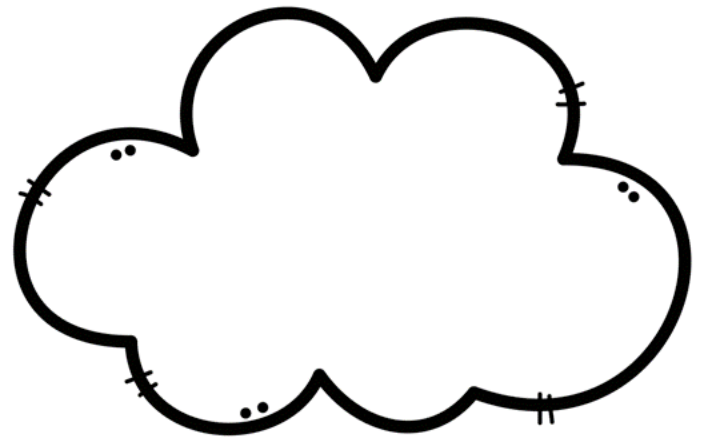
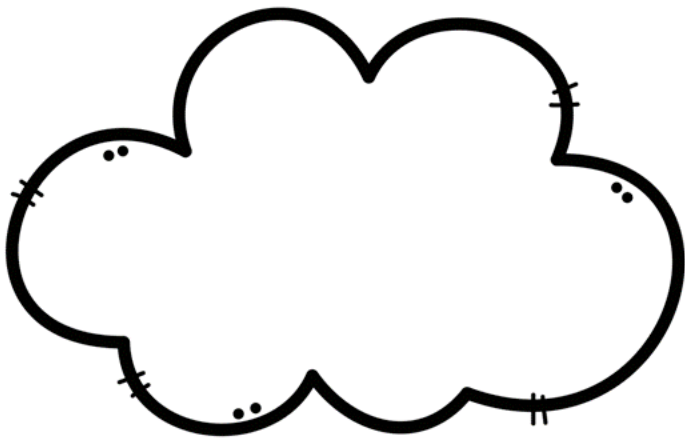


I ate an entire bag of  
candy.



I yelled at my  
little brother to  
leave me alone.





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[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# ABOUT THE AUTHOR



## I'M ASHLEY

an Elementary School Counselor.

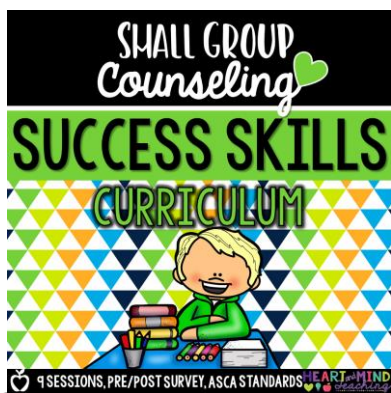
I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

Click the icons to connect with me



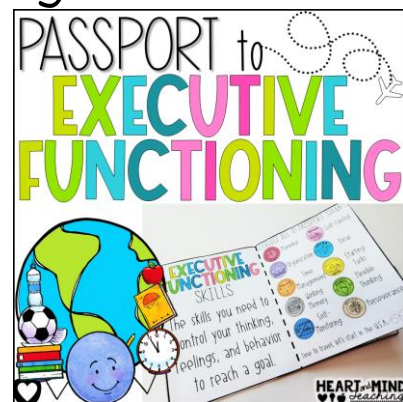
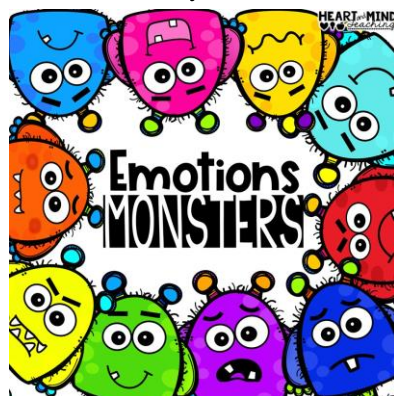
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