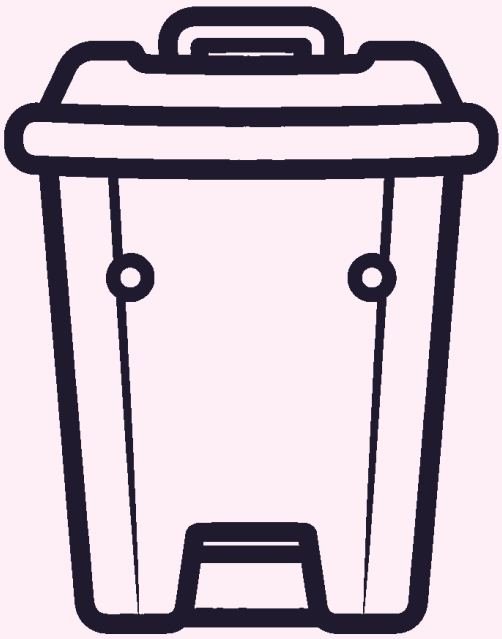
PSED · PSED · BOOK 5 OF 46

Good Choices vs Poor Choices

Feelings, friends and looking after me.



Ages 3-5 | 13 pages | 15 min a page | Print at 100%

Talk | Vocabulary | Reading

This book belongs to:

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Notes for grown-ups

Why this matters

Children make choices all day, and some are easier than others. This book helps your child think about what might happen next and sort kind, safe choices from unkind or unsafe ones.

How to use this book

1. Do one or two pages a day, not the whole book at once.
2. Talk about the pictures before you start each page.
3. Let your child take their time; there is no rush.
4. Praise trying and noticing, not neatness.

Things to say

- "What could you choose?"
- "What might happen next?"
- "Is that a good choice?"

What to look for

- Names a good or poor choice
- Says what might happen next
- Chooses kindly or safely

If it is too hard

Talk about one choice a day, such as putting rubbish in the bin.

If it is too easy

Ask them to make up a choice story and say what the hero does.

You will need

pencil, crayons, scissors (adult-led), glue (optional)

EYFS link

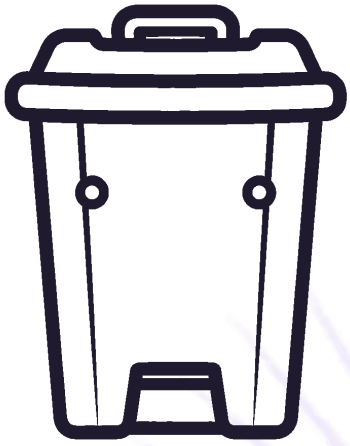
PSED (Self-Regulation / Managing Self / Building Relationships): talk about their own and others' feelings, follow routines, take turns and look after themselves.

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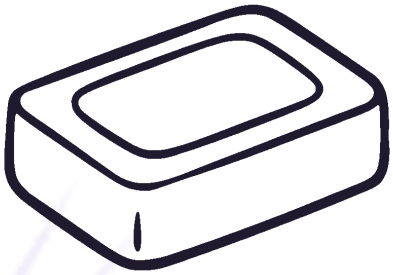
About: Good Choices vs Poor Choices

Adult: Look at the pictures and talk about them together.

Name _____ Date _____



bin



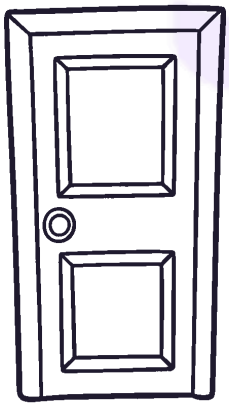
soap



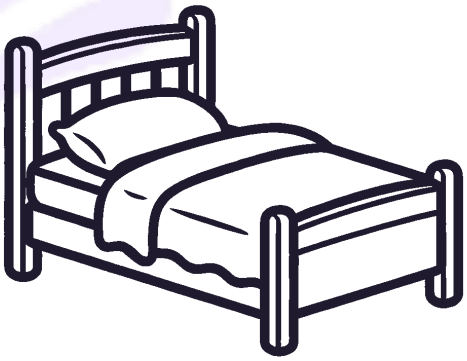
bath



book



door



bed

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Key words to trace

Adult: Read each word together, then trace it.

Name _____ Date _____

bin bin

soap soap

bath bath

book book

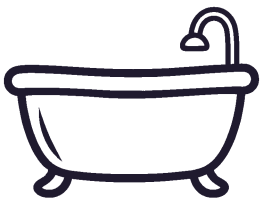
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Match word to picture

Adult: Draw a line from each word to its picture.

Name _____ Date _____

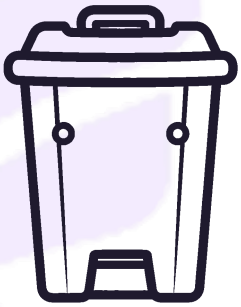
bin



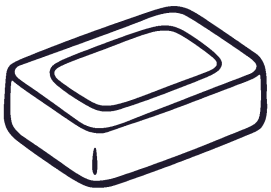
soap



bath



book



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Kind or unkind?

Adult: Cut and sort the cards. Talk about each one.

Name _____ Date _____

good choices	poor choices

Washing my hands	Using the bin
Running with scissors	Telling the truth
Wasting food	Tidying my toys

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In order

Adult: Draw (or cut and stick) what happens first, next, then and last.

Name _____ Date _____

First

Next

Then

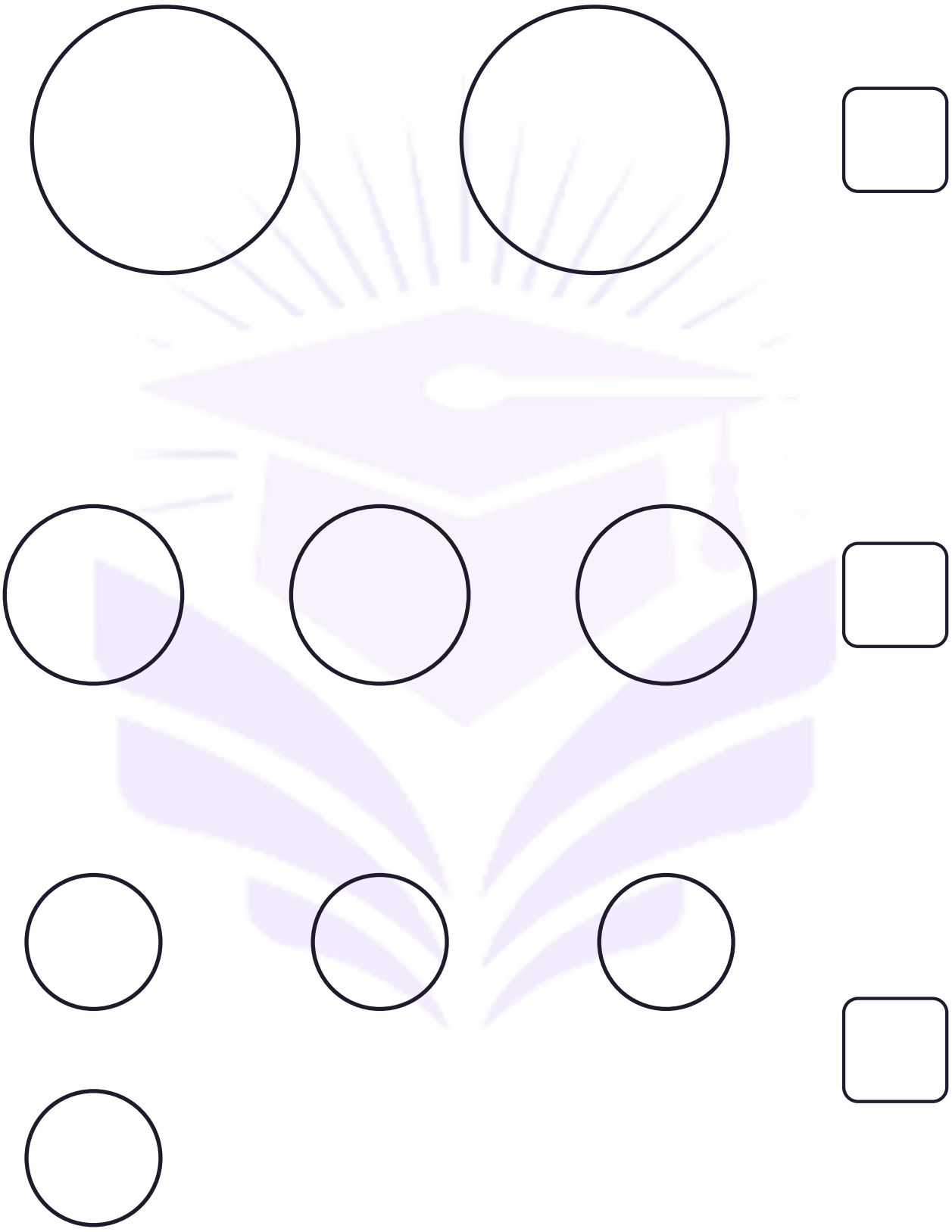
Last

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Count and write

Adult: Count each group and write the number.

Name _____ Date _____



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SPEAKING

Talk and write

Adult: Ask the question. Help your child write or draw their answer.

Name _____ Date _____

Draw your own here

What good choice did you make today?

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Draw it

Adult: Draw your own picture about good choices vs poor choices.

Name _____ Date _____

Draw your own here

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Calm breathing

Adult: Trace the star slowly: breathe in going up, out going down.

Name _____ Date _____



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ASSESSMENT

I can...

Adult: Tick what your child can do.

Name _____ Date _____

- [ ] I can name a good choice
- [ ] I can name a poor choice
- [ ] I can say what might happen
- [ ] I can choose kindly

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Well done!

This certificate is awarded to

_____

for finishing

Good Choices vs Poor Choices



Signed _____ Date _____

What's next?

My Family Tree

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