

Brainstorm My Options & Choose My Response (Elementary)

Have you ever said or done something that you wish you hadn't? Maybe you chose to sleep late on Saturday instead of going to basketball practice, and so you missed most of your shots during the game. Maybe you felt nervous about reading your poem aloud to the class, and instead of taking a deep breath to calm yourself, you yelled, "I can't do this."

We've all made choices that kept us from making progress. When you have something you're working on or want to learn, you'll have to make choices along the way. Some choices will help you make progress, and some won't.

To make choices that will keep you on track, use the strategies **brainstorm my options** and **choose my response**. When you're not sure what to do, stop and think about each choice you could make and its effect on your progress. Then **choose the response** that is best for you.

I used the strategies **brainstorm my options** and **choose my response** when I needed to get better at remembering to do my math homework every day. I brainstormed four options:

1. After school, I could play soccer with my friends for an hour, then go home and do homework. This option would give me a break between school and homework, but it would be very hard for me to stop playing and go do homework instead.
2. After school, I could do my homework right away, then play soccer with friends. I liked this option because I could make sure I got my homework done, though it might mean less time to play soccer.
3. I could wake up an hour early and do my homework before school. I knew right away that this was a bad option because I don't like waking up early and my brain feels foggy in the morning.
4. I could do my homework on the bus to school. This was the worst option because there was no way I could concentrate on the noisy bus!

I considered each of the four options carefully, thinking about my strengths, preferences, family obligations, and other commitments. In the end, I used the strategy **choose my response** and decided doing my homework right after school was the option that worked best for me. It was the best of the four options I had brainstormed to make progress toward my goal.

To plan what to do when you have choices to make, use the strategies **brainstorm my options** and **choose my response**.