

In this newsletter, we'll look at **Responsible Decision-Making.**

Responsible decision-making is the ability to make positive choices about personal behavior and social interactions. QuaverReady strengthens students' ability to consider safety concerns and evaluate the benefits and consequences of their actions.

Responsible decision-making includes the following:

- Demonstrating curiosity and open-mindedness
- Solving problems
- Learning to make a reasoned judgment after analyzing information, data, and facts
- Thinking about the consequences of one's actions
- Using critical thinking skills
- Reflecting on one's role to promote personal, family, and community well-being

Parent and Child Connections

Problem-solving is a skill that every person needs. When you help your child with their homework, you might notice that they are struggling and becoming frustrated with their work.

How can you encourage better decision-making at home?

- **One effective strategy is asking your child to explain their thinking process.** This is a great way to learn where they are struggling.
- **If they are struggling with a particular question, try brainstorming ideas for a different approach.**

Use the QR codes to access a QuaverReady activity and song.



[Be a Problem Solver](#)



[Brainstorm \(song\)](#)



Reinforcing Life Skills

Ways to reinforce the skills your child is learning in school at home.

Self-Management

Did you know that time management is a skill? Managing time well will help your child get things done efficiently.

- ☐ Making an after-school schedule is a great way to practice time management.
- ☐ Highlight how to prioritize important tasks, but still leave room for fun!

Self-Awareness

Mistakes are a part of life. They can be used as teaching tools to help people see where they can improve.

- ☐ Sometimes your child may be frustrated by mistakes on a test or assignment. Let your child know that mistakes are normal and that everyone experiences them.
- ☐ Remind them that mistakes are part of learning and growing.

Social Awareness

Everyone has different habits, or certain ways that they like to accomplish things. Different habits make us all unique.

- ☐ Ask your child about some of these habits that they might have.
- ☐ Talk about good and bad habits and how it is important to know the difference.
- ☐ Explain that even if they have bad habits, they can work to overcome them.

Relationship Skills

It is normal for your child to encounter new feelings and problems as they grow. It is important for them to feel supported when experiencing the unknown.

- ☐ Sometimes problems and feelings may be small. Friends can help your child work through this new territory. However, sometimes feelings and problems can grow larger. In this case, your child may need to talk to an adult.
- ☐ Talk with your child about smaller and larger problems.
- ☐ Discuss who can help them solve or work through new problems and challenges.

Responsible Decision-Making

Practicing decision-making is a great way to teach how your child's actions affect others and themselves.

- ☐ Give your child some scenarios in which they have to make a choice. For example, a new student is on the playground and no one is playing with them. What could you do?
- ☐ Talk through their ideas and give suggestions.

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