

Name _____



The Healthiest Choice

Directions: Read each situation carefully. Choose the best solution from the four options (A-D). After choosing, write one sentence explaining *why* you think it is the healthiest choice.

1. A classmate makes fun of your new haircut in front of others.
A. Make fun of their clothes.
B. Tell a teacher right away.
C. Laugh and say something mean back.
D. Stay calm, say "That wasn't kind," and walk away.

2. Your best friend forgot to invite you to her birthday party.
A. Ignore her forever.
B. Ask her calmly if it was a mistake.
C. Post mean comments about her online.
D. Pretend you do not care and spread rumors.

3. During a group project, one student isn't doing their share of the work.
A. Do all the work yourself and get angry.
B. Tell the teacher without trying to fix it first.
C. Talk to the group and share how you feel.
D. Refuse to work with them anymore.

4. Two friends are arguing, and one asks you to take sides.
A. Tell both you don't want to pick sides and encourage them to talk.
B. Choose the friend you like better.
C. Tell everyone else about the argument.
D. Ignore both of them until they stop fighting.

5. Someone in class took your favorite pen without asking.
A. Grab it back and yell at them.
B. Calmly ask if they borrowed it.
C. Tell the whole class they stole it.
D. Take one of their things to be fair.
