

## TIME TO MAKE A CHOICE

### Circle the best choice

To lie	OR	To tell the truth
To share	OR	To keep your things for yourself
To ignore your parents	OR	To obey your parents
To buy your favorite pack of gum	OR	To steal your favorite pack of gum
To ignore the "different" kid at school	OR	To be a friend to the "different" kid

## TIP FOR GOOD CHOICES

### Remember **HALT** - **H**ungry, **A**ngry, **L**onely, **T**ired

If you are one of these things (hungry, angry, lonely or tired) it will be hard to make smart choices. Stop and take time to talk to someone about what you are feeling. This will help you make smarter choices.

Making Healthy Choices is key to improving your life!



**FUN FACT:** YOUR LIGHTENING-FAST BRAIN KNOWS IF YOU LIKE A WEB PAGE WITHIN 50 MILLISECONDS OF LOOKING AT IT!



### THE FRONTAL LOBE

The Frontal Lobe is the area of the brain that is responsible for decision making, judgement, and reasoning. When you make choices, your frontal lobe is the area of the brain that's working. Humans are able to make very complex decisions, so the frontal lobe is much bigger than the frontal lobe in other animals.

<b>Dogs</b>	<b>7% of brain</b>
<b>Chimps</b>	<b>17% of brain</b>
<b>Humans</b>	<b>33% of brain</b>