

My Book of Choices

When children take initiative and make choices they gain a sense of control over their environment and the confidence to transform it.

Materials: White paper, construction paper, hole punch, yarn, art supplies

Estimated Time: 30 minutes



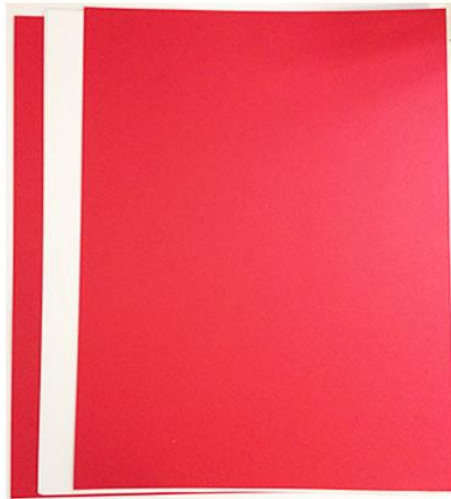
Optional Pre-Activity Fun

(Use with Spencer's Wondrous Wish storybook and music CD found in the Choosy Kids Digital Media Subscription package)

Using the storybook, [Spencer's Wondrous Wish](#), ask your child to name some of the choices made by Spencer, on pages 4, 13, 14, and 21. Ask if they would have made the same choices or different ones. Or, play the song, "[It's a Beautiful Day](#)" to help promote a discussion about what it means to make choices and why it's important to make healthy choices for yourself.

Step 1

Create a book by placing white sheets of paper between two sheets of construction paper.



Step 2

Make a hole at the top, middle, and bottom of the left side of the pages.



Step 3

Help your child fasten the pages together by placing a strand of yarn through each hole and tying it into a bow. Decorate the cover of the book using art supplies.



Step 4

Each day encourage your child to draw a picture in the book of a choice made that day, for example, "what I chose to eat for breakfast" or "the shirt I chose to wear today." Have a conversation with your child about the choices made.