



BrainSTORM

Kids frequently act impulsively without thinking things through. At WINGS we teach them the following strategy to help them brainstorm all possible actions and predict consequences before choosing what action to take. (You might know a few adults who could use the same kind of assistance!)

Sit: Find a relaxing place to clear your head.

Think: Come up with as many choices as possible.

Organize: Put your choices in order based on the possible consequences. Choices with the best consequences should be highest on the list.

Rethink: What did you miss? Try to think of any other actions you could possibly take. Remember to think outside the box!

Make the Best Choice: Once all actions and consequences are clarified, pick what's best for you.

We tell the kids that following this process step by step makes it much more likely that they will make sure to do what's best for them and avoid hasty, impulsive mistakes.