



When I need to make a decision,
I make sure that I **FACE** it in the
safest manner.

FACE Decision-Making Model: Teacher Version (Elementary)



- What words can I use to describe my emotions?
- What emotions am I feeling?
- How is my body reacting to the this situation?
- Why am I feeling this way?
- When have I felt this way before?
- Who else might have feelings about this situation?



- What are my choices?
- Who do I trust to help me make this choice?
- What factors might change my choice?
- When do I need to decide?
- When have I experienced this situation before? What choice did I make?
- Where can I get help if needed?
- How could this choice affect me and others?



- What is the safest choice I can make?
- Why am I making this choice? Do I feel forced to make this choice?
- How does my choice focus on what is important to me?
- What are the next steps I need to take?
- How do I communicate my choice to others?



- Who do I trust to talk to about my choice?
- What were the consequences of my choice?
- What did I learn from my choice?
- Are there any next steps I need to take?
- How did my choice impact myself and others?
- How do I feel about the choice I made?