

Inquiry for Healthy Decision Making

STOP - THINK - DO

We want children to acquire the understanding, skills, and confidences needed to make and practice healthy behaviours. The Saskatchewan Ministry of Education's *Inquiry for Healthy Decision Making* model is represented as a traffic light for kindergarten to grade three.

This model is foundational to the teaching and learning in health education and as a result is followed throughout the activities, so it is important that the concept of **STOP - THINK - DO** is understood.

To practice the STOP - THINK - DO
Decision Making Model,
we have developed a story called
Tobacco-Free for You and Me!

Please refer to **Appendix B** to view the story.

You can also access a Flash version of the story
at www.gotlungs.ca/tobaccofreestory



STOP - THINK - DO

Red Light - Wonder and Question

The red light indicates that children and teachers should **STOP** to wonder and question about knowledge within and beyond the classroom. This involves asking compelling questions, reflecting on what is known and imagining how things might be different.

STOP:

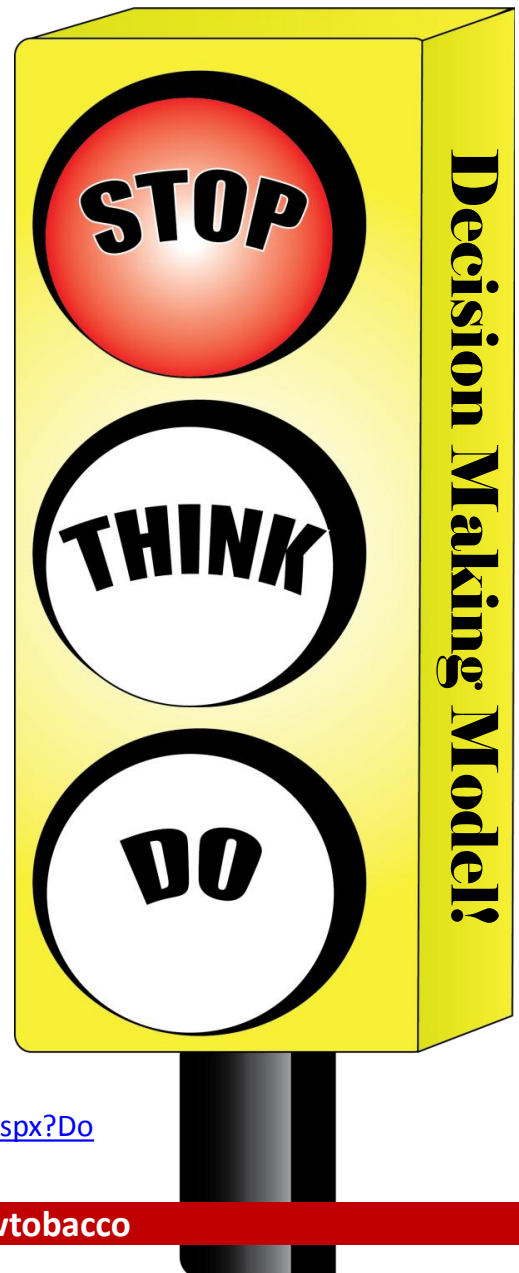
- Ask compelling questions;
- Identify areas of curiosity;
- Note diverse ways of knowing;
- Reflect on what is known;
- Imagine how things can be different.

Questions to ask students:

1. What is going on?
2. What do you know about what is going on?
3. How am I feeling about what is going on?

For more information on
Inquiry for Healthy Decision Making,
see the following link:

<http://www.education.gov.sk.ca/adx/adxGetMedia.aspx?DoCID=4d2ce8b0-04d4-4105-9c88-4f36318d4910>



STOP - THINK - DO

Yellow Light - Investigate and Interpret

The yellow light suggests that children and teachers **THINK** deeply about what they are seeing, hearing, and feeling. This involves gathering knowledge from a wide range of sources for the purpose of comparing ideas, making connections and shaping new thoughts.

THINK:

- Gather information;
- Compare ideas;
- Make connections;
- Construct and shape new thoughts.

Questions to ask students:

1. What is the problem and/or opportunity?
2. What are my healthy choices?
3. What are my unhealthy choices?
4. What am I going to choose?
5. Why?

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STOP - THINK - DO

Green Light - Engage and Apply

The green light represents the 'doing' part of learning. Children **DO** by making choices that enhance personal health and safety with what they know and understand.

DO:

- Make and demonstrate healthy choices;
- Do something with what is learned;
- Communicate what you now understand.

Questions to ask students:

1. I made a choice, I will...
2. What happened?
3. What did I learn?
4. How did I feel?
5. What will I do next time?

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