



How do we make decisions?

Dear Families,

Throughout our COVID-19 & Health Equity unit, we are using Family Tools to connect family knowledge and experiences with our learning at school. Each tool has two parts: Family Activity and Caregiver Information.

Purpose of this activity:

The purpose of this activity is for your family to talk about how you make decisions during the COVID-19 pandemic. Our class is interested in learning about how we make decisions and why we make the decisions we do. We are especially focused on what types of information we use to make decisions and what values we take into account.

Things you can do to support learning:

You do not have to complete the decision-making chart, but you are welcome to.

You may want to ask multiple family members about what criteria they use to make decisions. You might also want to talk about how you use different criteria for different kinds of decisions. The criteria you use to make decisions may also change over time, depending on new information you learn.

Estimated Time for Activity: 10-15 minutes*

Directions:

- **Caregiver Information:** Read the last page of this document before you complete the Family Activity. It will help you to make connections between your family experiences and the classroom unit.
- **Family Activity:** With your family, please think about how your lives have been impacted by COVID-19 and complete the activity.

*The most important part of this tool is having a conversation with your family about these topics. There is not a right way to complete these Family Tools; you may read, talk, and record ideas in the ways that work best for your family. If you don't have a printer, that is OK! You can just record your thoughts on a piece of paper.

Name: _____ Our classroom conversation about this will happen on: _____

Family Activity

Directions: Decisions have become so complicated because of the pandemic. In class, we constructed a decision-making chart to help us think through all the pieces of a decision. As a family, use the decision-making chart in this Family Tool to consider one or two other decisions you need to make.

About the Chart

- The row across the top has the decisions we're making. For example, one decision our family may make is if we should go to the grocery store. There are two blank spaces for you to add in decisions you are making in your family.
- The column on the left lists the pieces of the decision (the criteria we use to make decisions). We talked about using what we know about the science of COVID-19 and our basic needs (e.g., food, water, shelter, emotional health) to make decisions.

Decisions to Make		
Should I <i>go to the grocery store?</i>	Should I _____ _____?	Should I _____ _____?

Physical needs (food, water, shelter)	Emotional Health	Could get the virus by touching things
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How do you break down the pieces of a decision into smaller chunks? What criteria do you use to make decisions? Are there other pieces we should include in our decision-making chart? There are more questions to discuss after the chart, as well.

Name: _____ Our classroom conversation about this will happen on: _____

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Decision pieces to consider		Decisions to Make		
		Should I <i>go to the grocery store?</i>	Should I _____ _____?	Should I _____ _____?
Physical needs (food, water, shelter)	Based on just this piece, should I?	<i>Yes</i>		
	Reasoning	<i>I need to go to the grocery store to get food.</i>		
	Evidence	<i>I've read that people can't survive very long without food.</i>		
Emotional Health	Based on just this piece, should I?	<i>Yes</i>		
	Reasoning	<i>Food is important for both my physical and emotional health.</i>		
	Evidence	<i>I know from experience that when I am hungry, I feel tired and get upset easily.</i>		
Could get the virus by touching things	Based on just this piece, should I?	<i>Probably, yes</i>		
	Reasoning	<i>I will sanitize my cart and frequently use hand sanitizer.</i>		
	Evidence	<i>We heard from Dr. Baird that hand sanitizer kills the virus.</i>		

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Decision pieces to consider		Decisions to Make		
		Should I <i>go to the grocery store?</i>	Should I _____ _____?	Should I _____ _____?
Could breathe in the virus from other people	Based on just this piece, should I?	<i>Probably, yes</i>		
	Reasoning	<i>The grocery store is big enough that I can keep my distance from others.</i>		
	Evidence	<i>Our investigation showed us that droplets can travel 6-10 feet from people.</i>		
Could give the virus to other people (if I have it and don't know it)	Based on just this piece, should I?	<i>Probably, yes</i>		
	Reasoning	<i>I will wear a mask.</i>		
	Evidence	<i>Our investigation showed that masks can block our breath (and droplets).</i>		
Some people are more at risk of getting COVID-19 than others	Based on just this piece, should I?	<i>Yes</i>		
	Reasoning	<i>I am not in any of the at-risk categories.</i>		
	Evidence	<i>We saw data that people who are older or already sick with other things have a harder time fighting off COVID-19.</i>		

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Decision pieces to consider		Decisions to Make		
		Should I <i>go to the grocery store?</i>	Should I _____ _____?	Should I _____ _____?
Number of COVID-19 cases in my community right now (rising or falling)	Based on just this piece, should I?	<i>Maybe</i>		
	Reasoning	<i>If there are more people around me who might be infected, I'm more likely to be infected.</i>		
	Evidence	<i>Our county health department reports that there are _ cases (per _ people) in our area right now.</i>		
Family includes at-risk people	Based on just this piece, should I?	<i>Maybe not</i>		
	Reasoning	<i>I am planning to visit my grandma next week, and I am really worried about getting her sick.</i>		
	Evidence	<i>We saw data that we could spread the coronavirus even if we feel healthy, and days can go by between being exposed to it and feeling sick.</i>		

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When you break down a decision into pieces, what pieces do you consider? What criteria do you use to make decisions? Are there other pieces we should include in our decision-making chart?

Draw a heart or a star by the piece(s) of the decision that are most important to you, that weighed most heavily in how you decided. Are those same criteria the most important pieces for every decision you make, or might they be different? For what reasons would they be different?

Choose one of the decisions you thought through as a family. Who is impacted by that decision?

How or why might someone else make that decision (or another) differently than you did?

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Caregiver Information

How do your family experiences connect to the unit themes?

Four themes run throughout our explorations of how COVID-19 has impacted our lives. The boxes below will give you an idea of how the unit themes relate to the Family Activity you'll do in this tool.

Decision-making connections:

Because of the coronavirus, we may be making different decisions about what to do. We may be using different criteria than we usually do when making certain decisions. In class, we used a decision-making chart to help us think about how we make decisions. Think about the decisions you have been making differently because of COVID-19. What information do you use to make your decisions?

Science connections:

We have been learning about how the coronavirus works, including how it is transmitted, how we can help prevent its spread, and how it can affect people differently depending on health risk factors. How can we use science to help us make decisions?

Social and emotional learning connections:

We may be making different decisions because of COVID-19. How do we feel about how COVID-19 is affecting our decisions? How do our feelings affect our decision-making? What can we do to help us feel better about our decisions?

Equity and social justice connections:

We all have various factors that influence our decisions. For example, we may have different values or access to different resources. Some of the differences we experience are chosen and some are because of systemic inequities in our society. We also have different risk factors for getting the virus and/or how sick we may get from it, like our age or health. What things do you consider when you make decisions? How might these be different from other people, like your friends? Neighbors? People who live in different locations? When people make different decisions than you would or did, how can we work to understand their perspective?

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