
Name

Date

Activity Three: Decision Making Activity Worksheet: The Rope and The Can

Short Answer Questions:

1. What are the benefits of making decisions rather than responding?
2. How does decision-making relate to the rope and the can activity?
3. How does decision-making relate to our activities prior to the rope and the can?
4. How can you practice being a decision-maker in your daily life?

Field Study Questions:

During the course of the next week, observe and identify choices that roadway users have made that were reactively impulsive. How would a mindful, alternative choice change the driver's consequences?

Choice	Result	Alternative	Result
<i>Example: A driver who is far from a four-way intersection speeds up when they see a yellow light</i>	<i>Example: The driver was too far and ran the red light, resulting in a cop pulling them over</i>	<i>Example: A driver who is far from a four-way intersection slows down when they see a yellow light</i>	<i>Example: The driver safely stops at the intersection, and their controlled stop keeps their drink from spilling</i>