

Graphic Organiser

Thinking Processes – Testing and Exploring Ideas

REASONING, PROCESSING AND INQUIRY

CREATIVITY

REFLECTION, EVALUATION AND METACOGNITION



4 C'ing



How Does It Work?

This tool will help you to focus on a personal situation and explore the choices that you have and the consequences of these choices for you. It allows you to figure out the best way that will allow you to attain a desired goal.

KEY ELEMENTS TO THINK ABOUT

- Write your challenge in the centre square.
- Then write down the choices that you feel are relevant to you.
- Consider these choices carefully and honestly and record the consequences in a truthful manner.
- Look at the results of the possible choices that you have to make and choose accordingly.

TASK

Choose a situation in your life that you are not completely happy with and consider your choices. What would happen if things changed and make a choice about taking a step to improve the situation.

CONSEQUENCES:

I could tape my favourite shows.
I could have a set time for bed and make a routine.

I won't be able to go to sleep.
I could read a book before I turn my light off.

I HATE fruit and vegies!
Would I be hungry?
Sugar free lollies?

I could try some fruit/vegies I haven't eaten before.
I would like to show that I can eat properly.

I won't be able to watch my favourite t.v. shows!

CHOICES:
Go to bed earlier

CHALLENGE:
I'M ALWAYS FEELING TIRED!

Eat different food

I'd probably feel healthier.

I don't enjoy sport.
I'd feel silly 'cause I'm no good at games.

Exercise more

Ignore it!

I'm just growing quickly.
I need to look after myself all the more.

I could exercise alone and get better.

Exercise will only make me more tired.

I'm never going to feel better if I ignore it.

I don't like being grumpy with people.

CONCLUSION:

Maybe if I eat less junk food and go to bed earlier I will have more energy to learn a new sport and play with my friends.