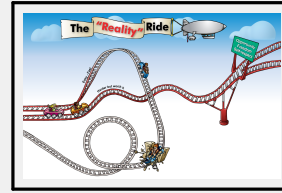


Decision Making and Consequences

Student Game Plan



Why You're Receiving This

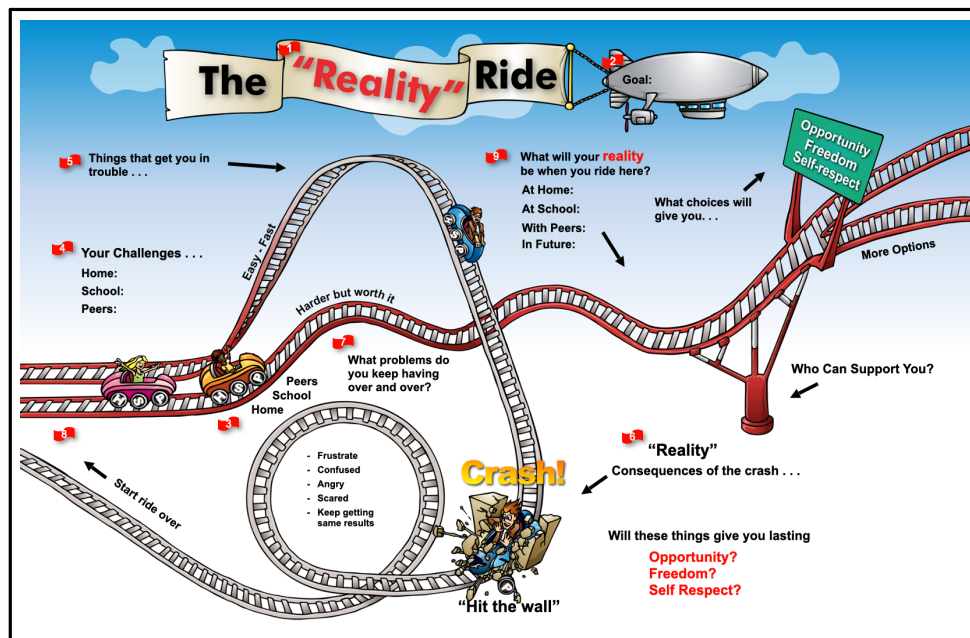
Your student has recently been introduced to an activity called the Reality Ride by a school counselor, psychologist, social worker, or other support professional. It was selected to help your student think about decisions, possible consequences, goals, challenges, and the direction their choices may be taking them.

Your student may have completed the accompanying Student Game Plan during a meeting, or may have been asked to complete it independently and bring it back for a future conversation. This resource explains the idea behind the activity and offers a few optional ways to continue the conversation at home.



The Idea Behind the Reality Ride

The Reality Ride uses a roller-coaster image to show how different choices can lead in different directions.



The Two Tracks

EASY-FAST TRACK

Choices that may feel easier or more appealing in the moment, but can sometimes lead to problems or unwanted consequences later.

HARDER-BUT-WORTH-IT TRACK

Choices that may take more effort, patience, or self-control, but can help a student move toward positive goals and outcomes.

The activity is not about expecting students to make perfect choices. It helps them slow down, notice patterns, think ahead, and learn from experience.

What the Support Professional Is Helping Your Student Think About

The Game Plan invites students to consider what they want for themselves, challenges they face, choices that can create problems, possible consequences, patterns they may repeat, people who can support them, and positive outcomes they hope to work toward.

One idea to remember: Choices can take us somewhere. Some may feel easier now but create problems later; others may be harder in the moment and help move us toward things that matter.



Talking About It at Home

You know your student best. If it feels helpful, you might use the Reality Ride as a starting point for conversation. For example:

“What did you think about the Reality Ride picture?”

“Do you want to show me how the two tracks work?”

“Was there anything in the activity that stood out to you?”

“Is there anything I can do to support you with what you’re working on?”

You don’t need to ask every question. Your student may want to share a lot, a little, or simply explain the picture. A curious, supportive conversation can help connect the activity to everyday life.



A Helpful Reminder

The goal is reflection and learning, not finding the perfect answer. Using the Reality Ride to listen and explore possibilities can help keep the conversation open and supportive.



Parent Takeaway

Small choices add up. Your support, encouragement, and willingness to talk can help your student keep thinking about the direction they want to go.