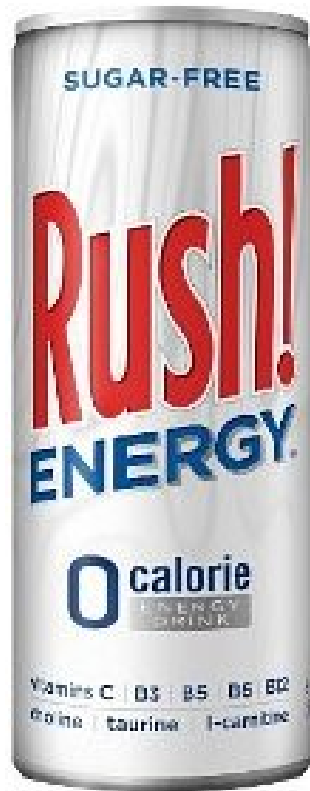




You have been at the shops all day trying to buy a new iPod with your birthday money. Just as the shops are closing, you finally spot one which looks perfect. You want to look closer at it to check it is the right one, but the manager says ‘now or never’. You cannot refund or exchange at this store. You need to decide whether to buy now or come back another day.



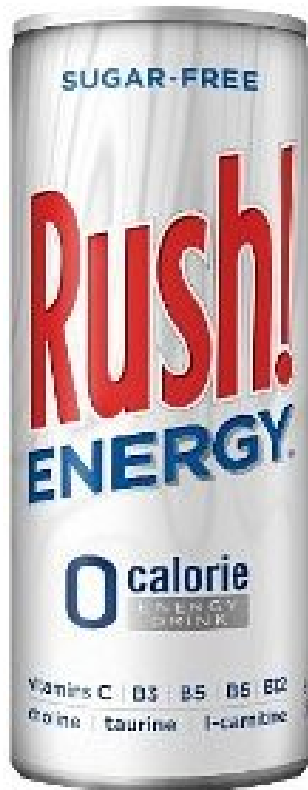
*What could go wrong if you rush into making a choice?*



*In what ways could you take ‘Time Out’ to think before rushing into anything?*



You have two good friends who don't like each other. One lunch time they both come to you and say that you will have to choose between them as friends. They want an answer now.



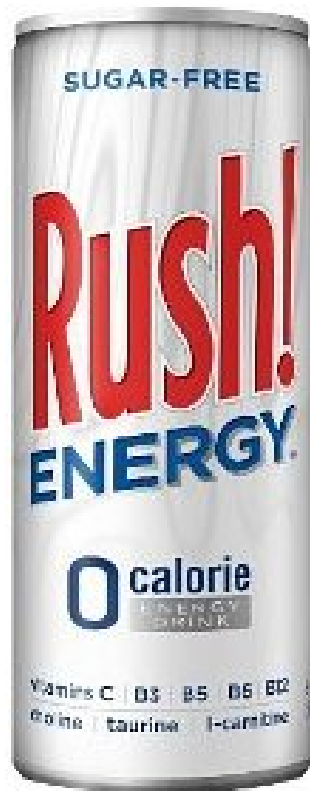
*What could go wrong if you rush into making a choice?*



*In what ways could you take 'Time Out' to think before rushing into anything?*



Some of your friends are getting into stuff after school you know is wrong. They invite you to hang out tomorrow afternoon so they can show you what they are doing. You need to decide whether to go or not.



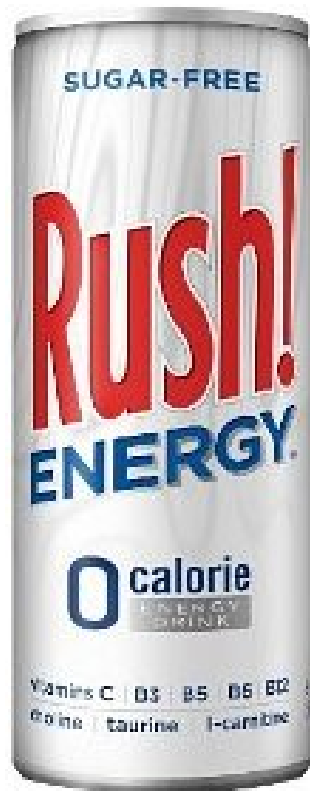
*What could go wrong if you rush into making a choice?*



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You are on the sporting field and your opponent has been annoying you all game. You can feel yourself getting angrier and angrier. 5 minutes before the end your opponent shoves you when the referee isn't looking. You need to decide how you will react.



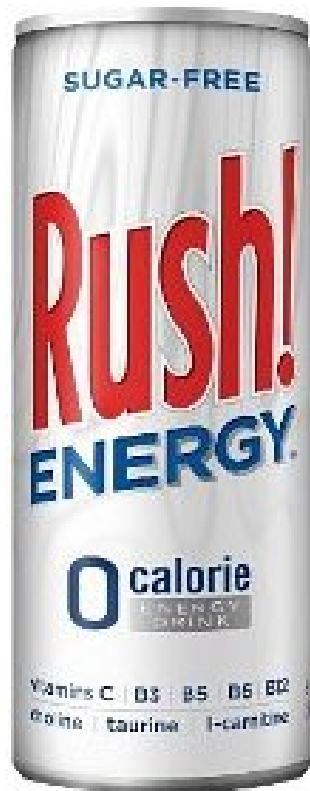
*What could go wrong if you rush into making a choice?*



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The teacher has left the room for a few minutes. One of your friends dares you to do something which you know will make everyone laugh. It will make another one of your friends look pretty stupid though. Are you going to get the laughs or just keep working?



*What could go wrong if you rush into making a choice?*



*In what ways could you take 'Time Out' to think before rushing into anything?*