

Inner  Atlas™

Tools to Navigate Life's Terrain™



# Land of OR

## Activity Guide

How to Make Good Choices Worksheets

Options & Characters Activities

Word Finder

Finger Puppets

Coloring Sheets

Yabbut Stuff

Guide to Making Good Choices Poster

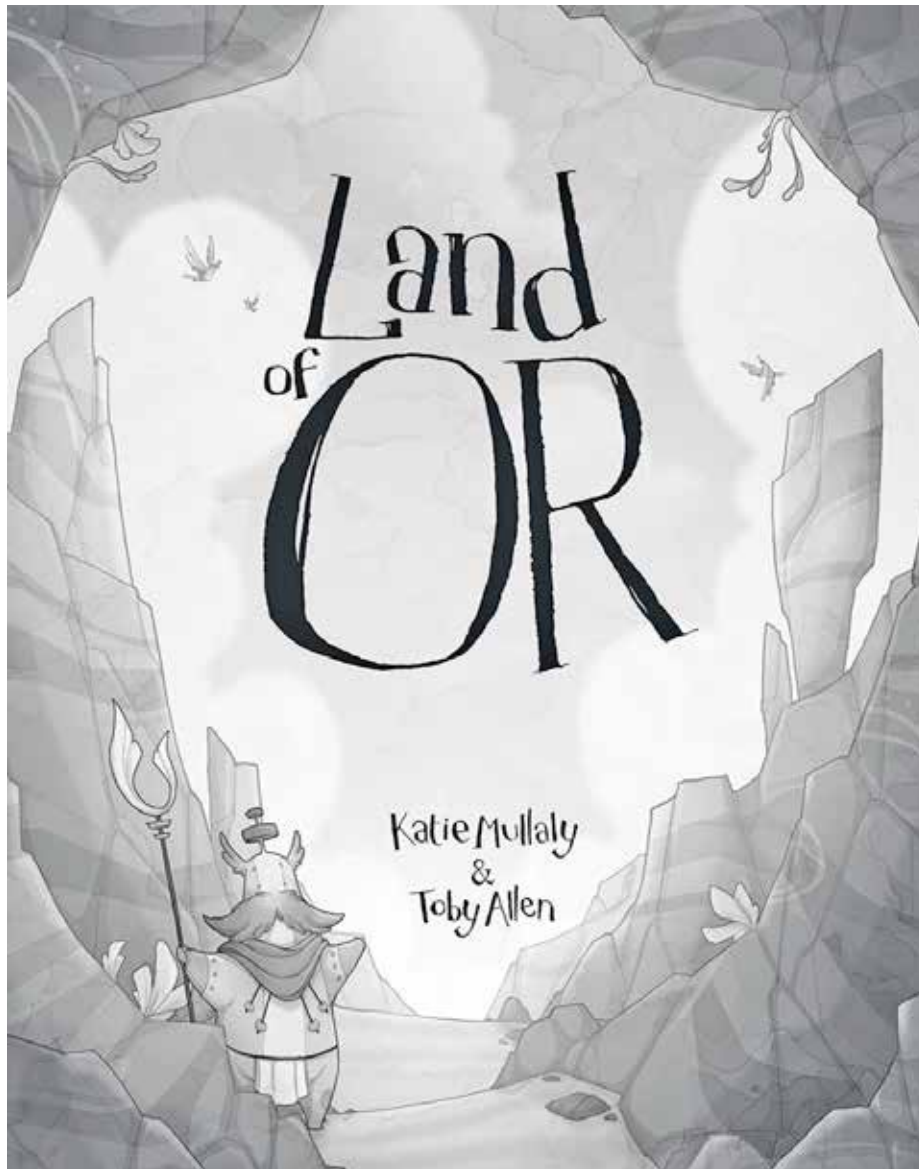
Awesomeness Certificate



# Land<sup>of</sup>OR

## How to Make Good Choices

Here are some fun ideas and activities from your travels through Land of OR to help you make good choices and pick the best options.



Travel with us through this fine Land of OR  
And learn how to choose unlike never before!



**“So first off, let’s pause for a second or two,  
To consider the options that want to join you.”**

When we make a choice, we usually go with the easy, obvious option. But there are usually many options available. Picking these other options might mean better choices, and better results.

Unfortunately, we don’t always take the time to look beyond the obvious options. But when we do, we might find better options for our choice.

# - Valley of Options -

## Activity

Think of a decision you will make (big or small). Now, think of all the options you can pick from for that choice, and write them down.

Choice: \_\_\_\_\_

Options for that choice: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Choice: \_\_\_\_\_

Options for that choice: \_\_\_\_\_

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Choice: \_\_\_\_\_

Options for that choice: \_\_\_\_\_

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Choice: \_\_\_\_\_

Options for that choice: \_\_\_\_\_

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Choice: \_\_\_\_\_

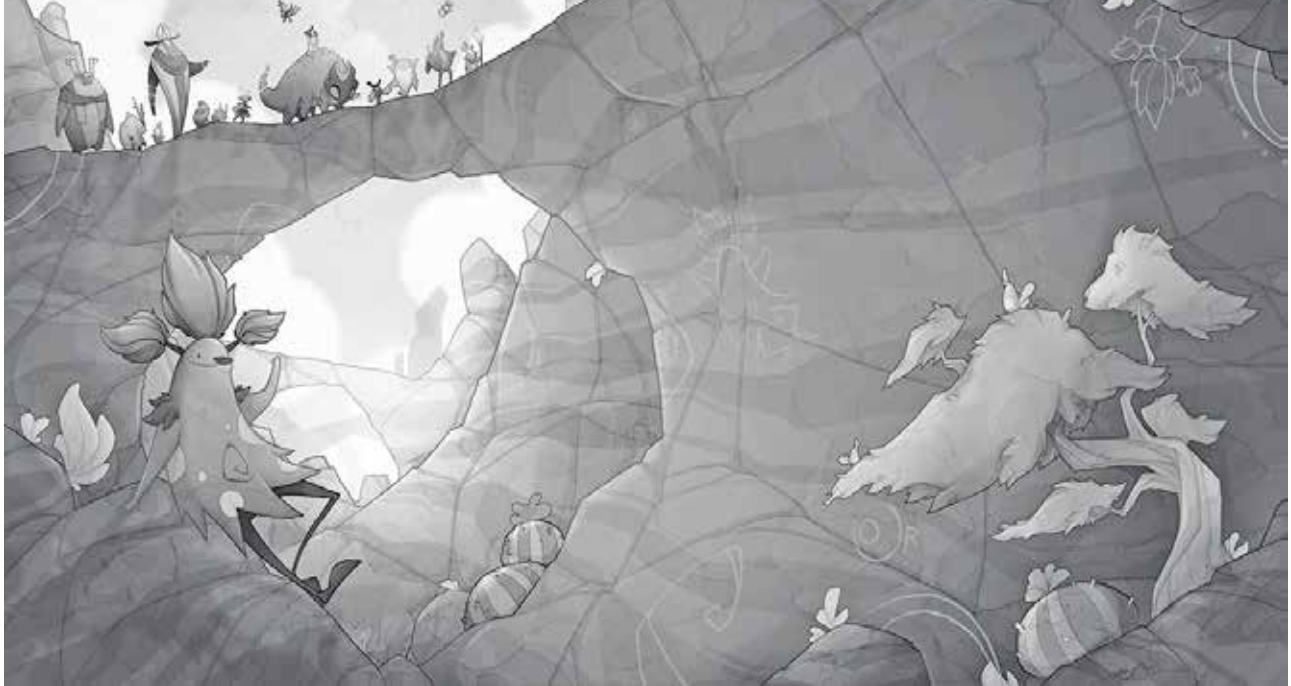
Options for that choice: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## - Yabbut Arches -



**“The Yabbut you see, it has only one use;  
To always be near and provide an excuse.”**

How many times do we say “yeah but”? The **Yabbut** is a creature that is always around to give us reasons for the choices we make, but they are mostly just excuses.

Usually, when we start with “yeah but” it means we are NOT choosing wisely, or really thinking about it.

What are some of the excuses you use to pick easy or obvious options? What are the excuses you use when you have picked a bad option?

# - Yabbut Arches -

## Activity

Copy a sheet for everyone in the family. Each time you hear “yeah but” from that person about why they didn’t **pick a good option**, mark it on the sheet.

## Count the Yabbutts!

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## - Canyon of Why -



**“See, intention brings with it a small forceful voice.  
It’s the reason, the Why you are making your choice.”**

Do you ever stop and think about WHY you pick the options for your choices that you do?

When we make a choice, we need to think about the intention, or purpose, or even reason behind it. The intention is the WHY of the options we choose.

Our emotions can affect our choices as well. Are you choosing certain options because you are afraid, angry, or even frustrated? Knowing WHY you are choosing certain options can help you make better choices.

# - Canyon of Why -

## Activity

When you made a good decision, what was your WHY? How about when you made a bad decision? What were you feeling, and why did you choose that option?

Good decision: \_\_\_\_\_

What was your WHY: \_\_\_\_\_

Good decision: \_\_\_\_\_

What was your WHY: \_\_\_\_\_

Good decision: \_\_\_\_\_

What was your WHY: \_\_\_\_\_

Good decision: \_\_\_\_\_

What was your WHY: \_\_\_\_\_

Good decision: \_\_\_\_\_

What was your WHY: \_\_\_\_\_

Bad decision: \_\_\_\_\_

What was your WHY: \_\_\_\_\_

Bad decision: \_\_\_\_\_

What was your WHY: \_\_\_\_\_

Bad decision: \_\_\_\_\_

What was your WHY: \_\_\_\_\_

Bad decision: \_\_\_\_\_

What was your WHY: \_\_\_\_\_





## - Stream of IF Then -



**“What is the IF Then that each one will provide?  
What outcome will follow it once you decide?”**

Every decision we make has consequences and results. But how often do we think about those outcomes before we make a decision?

Sometimes we make the mistake of thinking only about the immediate future. And sometimes we make decisions without considering the long-term, or even short-term effects of those choices.

# - Stream of IF Then -

## Activity

What are some of the THENs that you need to choose for your IFs? Or, what are the THENs that might happen IF you choose a certain option? Write down some good IF Thens for your options and choices.

IF I want to \_\_\_\_\_, THEN I need to choose \_\_\_\_\_.

IF I want to \_\_\_\_\_, THEN I need to choose \_\_\_\_\_.

IF I want to \_\_\_\_\_, THEN I need to choose \_\_\_\_\_.

IF I want to \_\_\_\_\_, THEN I need to choose \_\_\_\_\_.

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IF I want to \_\_\_\_\_, THEN I need to choose \_\_\_\_\_.

IF I want to \_\_\_\_\_, THEN I need to choose \_\_\_\_\_.

Another way to look at your IF Thens:

IF I choose \_\_\_\_\_, THEN \_\_\_\_\_ will happen.

IF I choose \_\_\_\_\_, THEN \_\_\_\_\_ will happen.

IF I choose \_\_\_\_\_, THEN \_\_\_\_\_ will happen.

IF I choose \_\_\_\_\_, THEN \_\_\_\_\_ will happen.

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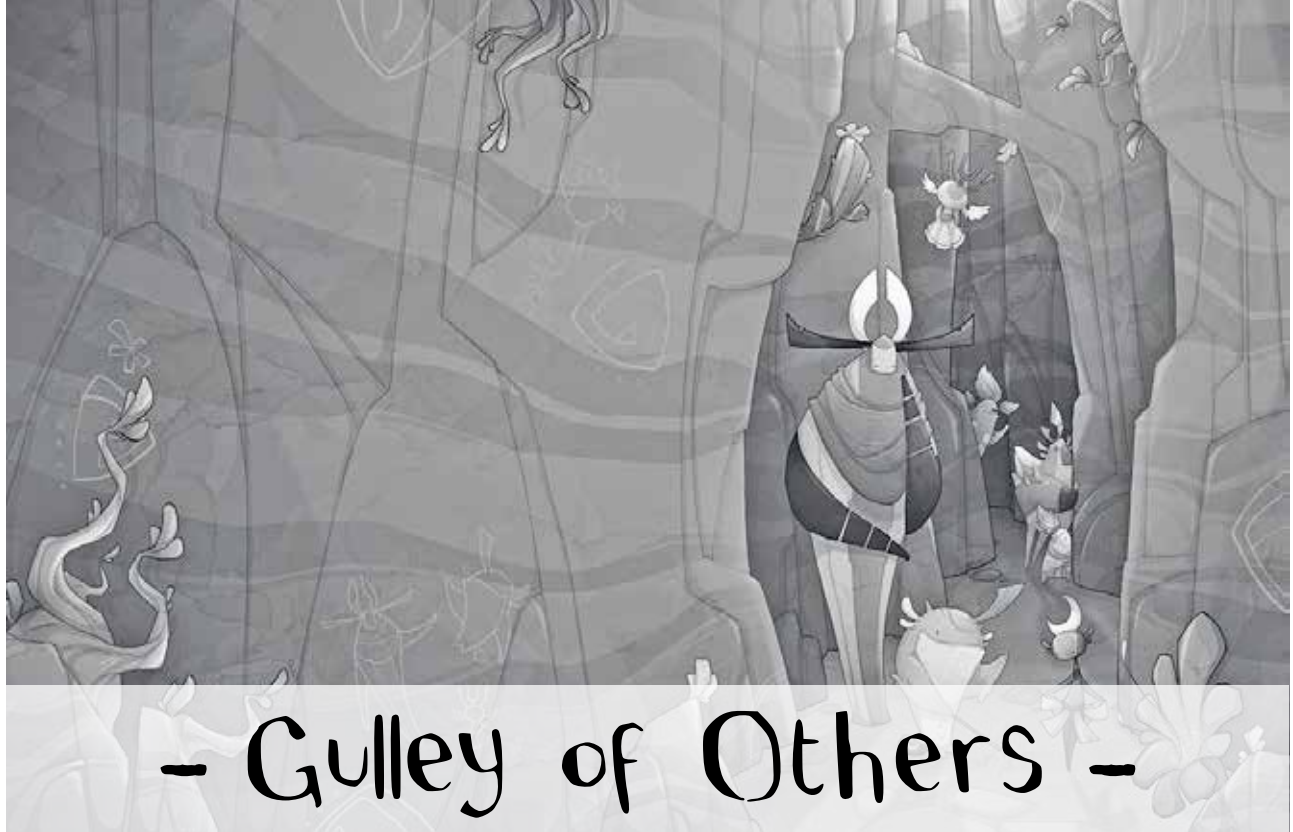
IF I choose \_\_\_\_\_, THEN \_\_\_\_\_ will happen.

IF I choose \_\_\_\_\_, THEN \_\_\_\_\_ will happen.

IF I choose \_\_\_\_\_, THEN \_\_\_\_\_ will happen.

IF I choose \_\_\_\_\_, THEN \_\_\_\_\_ will happen.

IF I choose \_\_\_\_\_, THEN \_\_\_\_\_ will happen.



**“The choices you make don’t involve you alone.  
Who else is affected is what you must own.”**

Many of our choices affect other people, not just ourselves. These choices can have good or bad impacts on others.

It is important to consider who else could possibly be affected by the options we choose.





- Best for YOU -



**“Choose the right option, the Best one you see,  
The Best one for YOU, for who YOU want to be!”**

In the end, we all want to pick the option that will make us a better person. This applies to our small choices as well as the big ones.

Remember, the options you choose today will have an impact on the YOU of tomorrow.

*“There is a choice you have to make in everything you do.  
So keep in mind that in the end, the choice you make makes you.”*

- John Wooden -

# - Best for YOU -

## Activity

List the good choices you made today. Be proud of them and write them down.  
What are the good choices you want to make tomorrow?

Today's good choices: \_\_\_\_\_

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Tomorrow's good choices: \_\_\_\_\_

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# Land<sup>of</sup>OR

## Options & Characters

There are many options that you can pick for your choices. Here are the options from your journey through Land of OR. What do these options mean to you?

### Stubborn

The Stubborn Option always thinks it is the right option, no matter what! It is the option you choose when you want things a certain way and won't consider other options. You have already made up your mind!

What are some Stubborn options that you picked for your choice? When were you were Stubborn about the options that you wanted?

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What would have been a better option to choose?

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# Frenzy

The **Frenzy Option** just wants to make a decision in a hurry, without really thinking about it.

It is the option you choose when you just want to pick something quickly and not consider the other options.

Have there been times that you picked a **frenzied** option because you were in such a hurry?

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If you would have taken your time to decide, what could have been a better option and choice?

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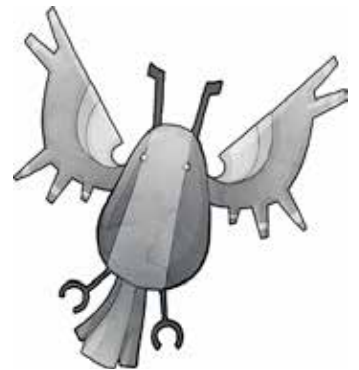
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# Timid

The **Timid Option** will go along with what everyone else thinks. It is the shy and afraid option and doesn't want to stand out.

If you are unsure of yourself, or you just do what everyone else is doing, then the **timid** option is what you pick, even if you know it's not the best option.

Did you ever make a choice that maybe wasn't what you really wanted, but since everyone else was doing it, you did too?

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What was the good choice that you really wanted to make?

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# Sloth

Feeling lazy and just want to just make the easiest choice? Then the **Sloth Option** is for you.

When you don't want to work too hard, are being lazy, or just don't care, then you are picking the lazy **Sloth** option.

Picking the lazy option may seem like the easiest one, but it's never the best. Have there been times that you chose the lazy way?

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Choosing to not choose is still a choice, a lazy choice.

So when you choose to do nothing, that is the lazy option. But you are still making a choice.



# Playful

Sometimes the **Playful Option** is a good choice, when you want to have fun. But sometimes just playing around and goofing off isn't the best option.

Picking the **playful** option can seem like fun, and it can be. But when you need to be responsible or have other things to do, maybe it isn't the best choice.

What are some good times when you chose the **playful** option?

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What are some times that always being **playful** isn't the best idea?

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# Cheeky

The **Cheeky Option** is here when you want to stir things up or cause a little trouble. It's not that you want to make people mad when you choose this option, you just want to cause some mischief.

What are some choices that you have made where you picked a **cheeky** option?

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What were the consequences of your choices?

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# Skittish

The **Skittish Option** is the one you choose when you are really unsure and just want to make a choice.

If you are uncertain about something but still choose the option that you are not sure about, that is picking the **Skittish** option.

When have you picked the **Skittish** or unsure option? Did it work out?

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If you would have taken the time to think about the options, what else could you have chosen?

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# Graceful

If you find that you are always only thinking about yourself when you make choices, then you are picking the **Graceful Option**.

The **graceful** option is a little selfish and doesn't think of others.

How can you be sure that your choices include others?

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Have you made a choice that was selfish and left others out?

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# Strong

The **Strong Option** is the one you choose when you really think your choice is the best, even if it isn't what the others want.

So when you force your choice onto others, even if they don't want it, you are choosing the **Strong** option.

Was there ever a time when you insisted that your option is what everyone should agree with?

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Instead, how can you work with others to make sure that everyone gets a say in the choice?

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# Patience

How can you be more patient when making a choice? If you pick the **Patient Option**, it means you are taking the time to be sure you are making the right choice.

When you think about why you are making a choice, you are picking the **patient** option. If you take some time and consider what will happen and who your choice will affect, you are picking the **patient** option.

How can you be more **patient** when you make choices?

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What are some of the good choices you've made because you were **patient** and took your time?

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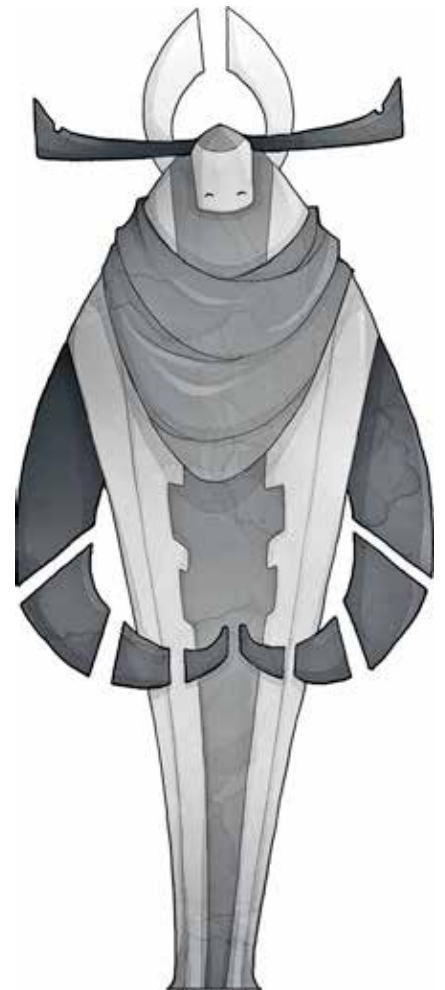
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# Kind

Thinking about others is so kind. Making sure that your choice is considerate and nice means you are picking the **Kind Option**.

What are some **kind** options that you can choose throughout your day? When you make **kind** choices, it is a very nice thing to do.

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# The Yabbut

When you need an excuse, the Yabbut is here for you! If you say “yeah but” to explain a poor choice, you are definitely listening to the Yabbut.

What are some excuses, or “yeah butS” that you said or used today?

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Why did you make that excuse? Were you being lazy, or wanted to leave someone out? Or, did you not take the time to think about that option and if it was the right one?

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# The OR Guide & Kid

The Land of OR Guide is here to help as you travel through to teach you ways to pick the best options. The Guide is always around for you when you need help making good choices.

When you are making your choices and picking your options, remember the Kid (you), and what you learned as you traveled through.

What are some of the lessons you learned in Land of OR about making the best choices?

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Who else could be a Guide for you to help you pick the best options? Who can you go to when you need help with making good choices?

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# Land<sup>of</sup>OR

## Wordfinder

How many words can you find from Land of OR.

G K C I Z B B I H N Y P S E L E C T S P  
D Y L X R Q J K V O I L S N D D X J V G  
D S K T E R U T U F X I R M Q V G D W Y  
P K X F Y E N R U O J S M N H A V V B P  
O D D A H T U B B A Y P B I S U A C W T  
J G O U T C O M E K A T L S S T R E A M  
X W O R G J S E C N E U Q E S N O C G Z  
V S S L A D M C Z P U K S P H S D R F G  
N N U P D U W Q F J R A M U E G X E K X  
V O F Y H W W I R A H S N O S A E R F O  
N I O T H E R S B S I H F K U H J E M W  
S T L S H C T X N I F Y S N C C B G V H  
Z P U B F N X O S Z Q E N D X U U H J Y  
Z O C T D R Y E Z K C L S Z E L P Q S C  
T U P T I N U S D I O L N Z L A V X F K  
N L L U A D R U O P V A G Y U R Q G I D  
V M B C W D Y H D E S V O O U W T F Y C  
W P N C K G C O G X V U F A U N M D Z B  
X P C Z E M Y J C Q J A E F E O F K O Z  
G Q V F H A B G Y Z E J N B T S E B X D

BEST  
CONSEQUENCES  
GROW  
JOURNEY  
OUTCOME  
STREAM  
YABBIT

CANYONS  
EXCUSE  
GULLY  
OPTIONS  
REASONS  
VALLEY  
YOU

CHOICES  
FUTURE  
HELP  
OTHERS  
SELECT  
WHY

# Land<sup>of</sup>OR

## Wordfinder Key

G K C I Z B B I H N Y P S E L E C T S P  
D Y L X R Q J K V O I L S N D D X J V G  
D S K T F E R U T U F X I R M Q V G D W Y  
P K X F Y E N R U O J S M N H A V V B P  
O D D A H T U B B A Y P B I S U A C W T  
J G O U T C O M E K A T L S S T R E A M  
X W O R G J S E C N E U Q E S N O C G Z  
V S S L A D M C Z P U K S P H S D R F G  
N N U P D U W Q F J R A M U E G X E K X  
V O F Y H W W I R A H S N O S A E R F O  
N I O T H E R S B S I H F K U H J E M W  
S T L S H C T X N I F Y S N C C B G V H  
Z P U B F N X O S Z Q E N D X U U H J Y  
Z O C T D R Y E Z K C L S Z E L P Q S C  
T U P T I N U S D I O L N Z L A V X F K  
N L L U A D R U O P V A G Y U R Q G I D  
V M B C W D Y H D E S V O O U W T F Y C  
W P N C K G C O G X V U F A U N M D Z B  
X P C Z E M Y J C Q J A E F E O F K O Z  
G Q V F H A B G Y Z E J N B T S E B X D

BEST  
CONSEQUENCES  
GROW  
JOURNEY  
OUTCOME  
STREAM  
YABBIT

CANYONS  
EXCUSE  
GULLY  
OPTIONS  
REASONS  
VALLEY  
YOU

CHOICES  
FUTURE  
HELP  
OTHERS  
SELECT  
WHY



# Land of OR Finger Puppets!!!

To make these fun puppets, just follow these simple steps.

**You will need:**



CRAYONS

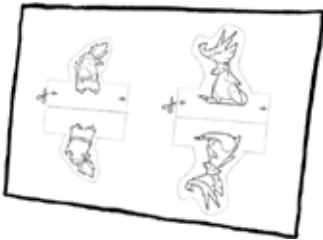


SCISSORS



TAPE

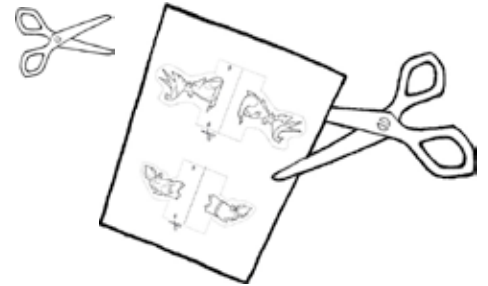
**1** Print this PDF.



**2** Color the puppets.



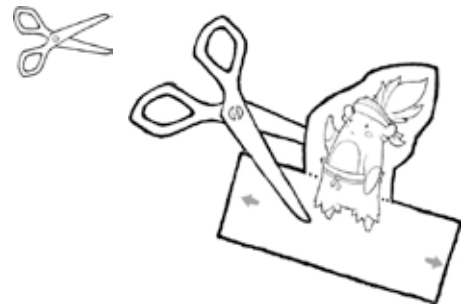
**3** Cut along the dashed lines to cut out the puppets.



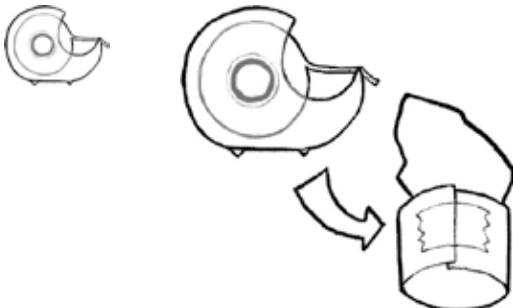
**4** Fold each puppet in half along the black solid line.



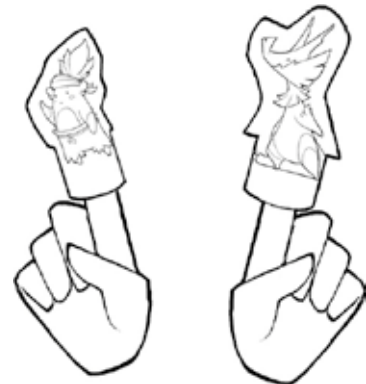
**5** Cut along the dotted lines.

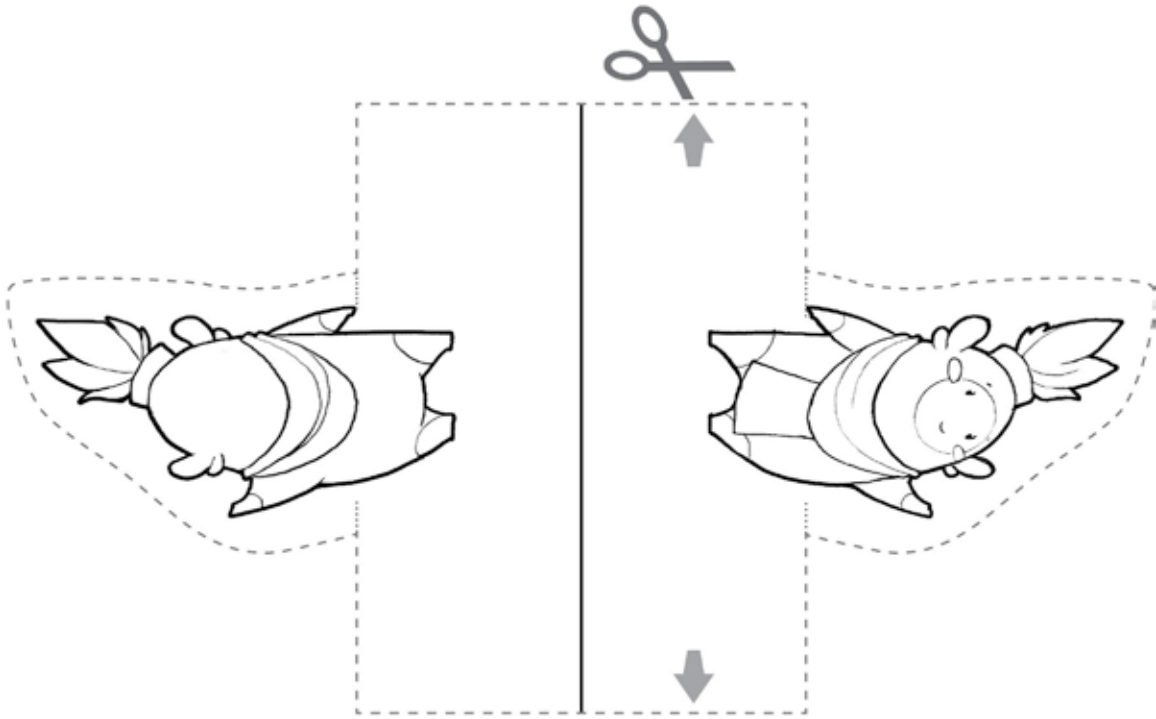


**6** Roll the bottom into a tube so that the arrows touch; then tape it together. It should be a little bit bigger than your finger.

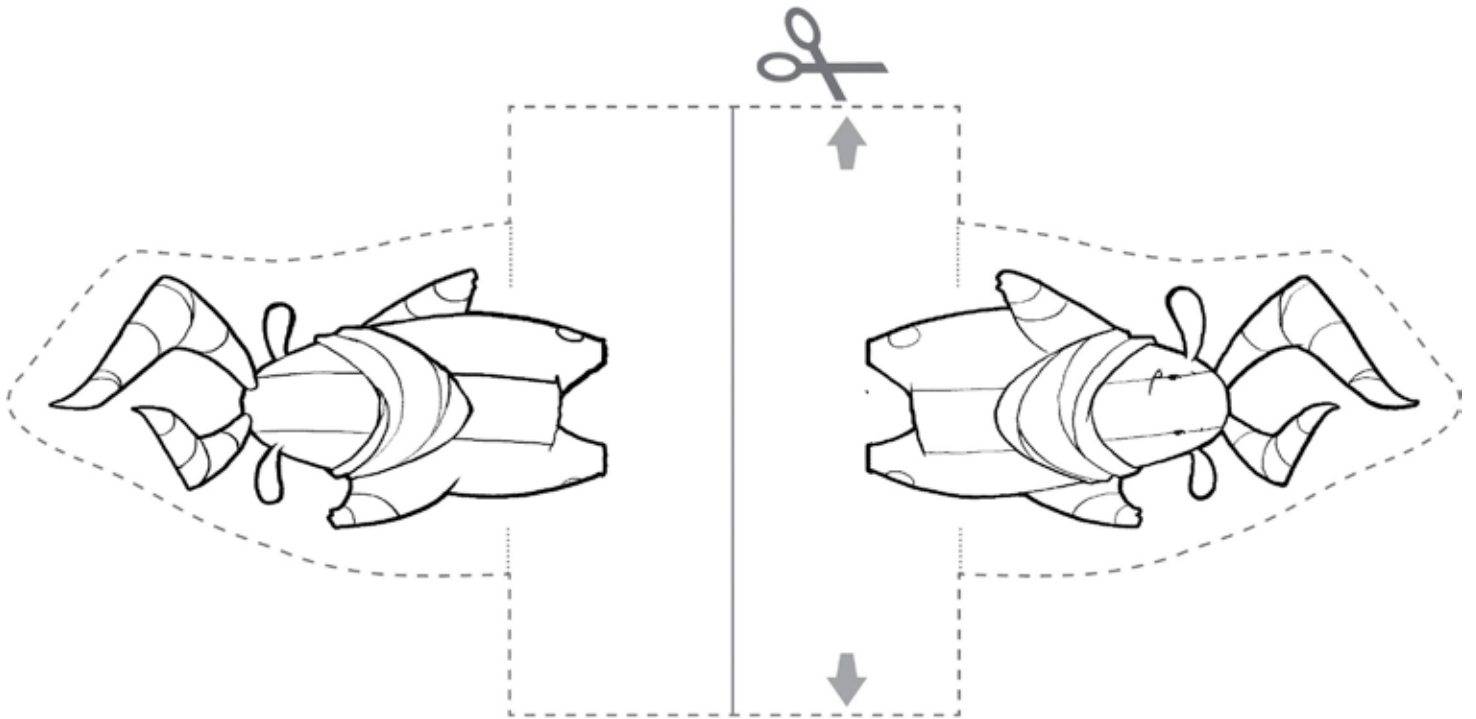


**7** Hooray! You just made finger puppets!





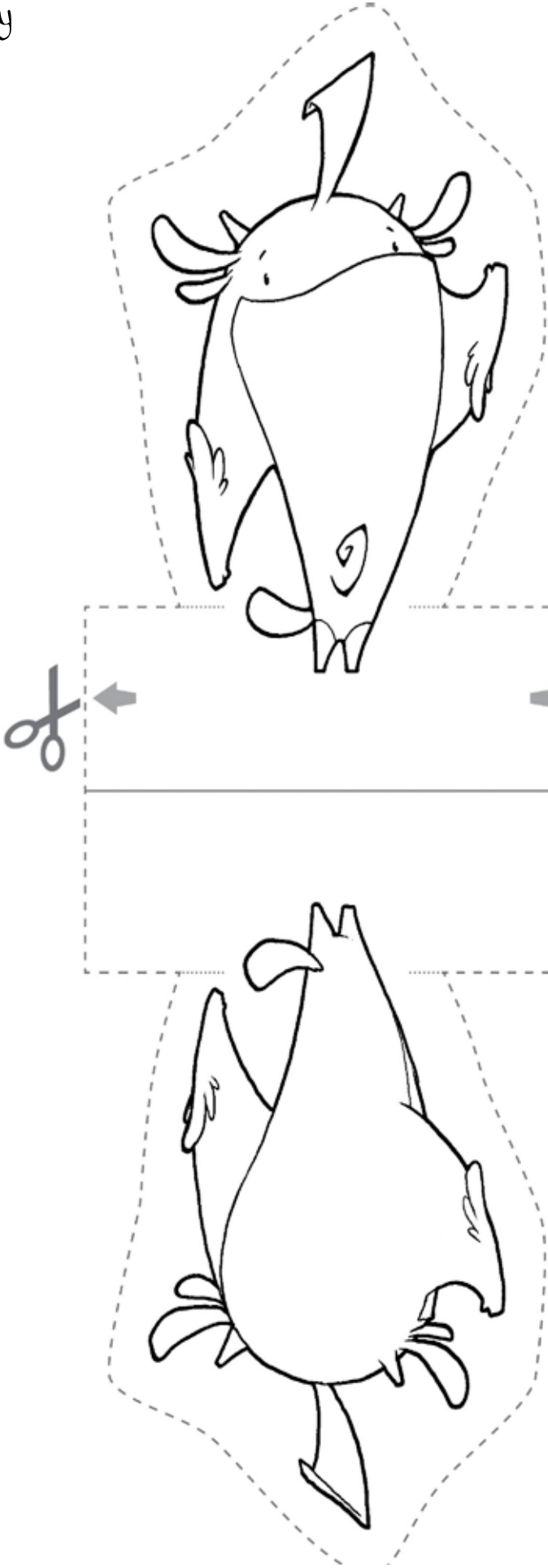
The Kid - YOU in Land of OR



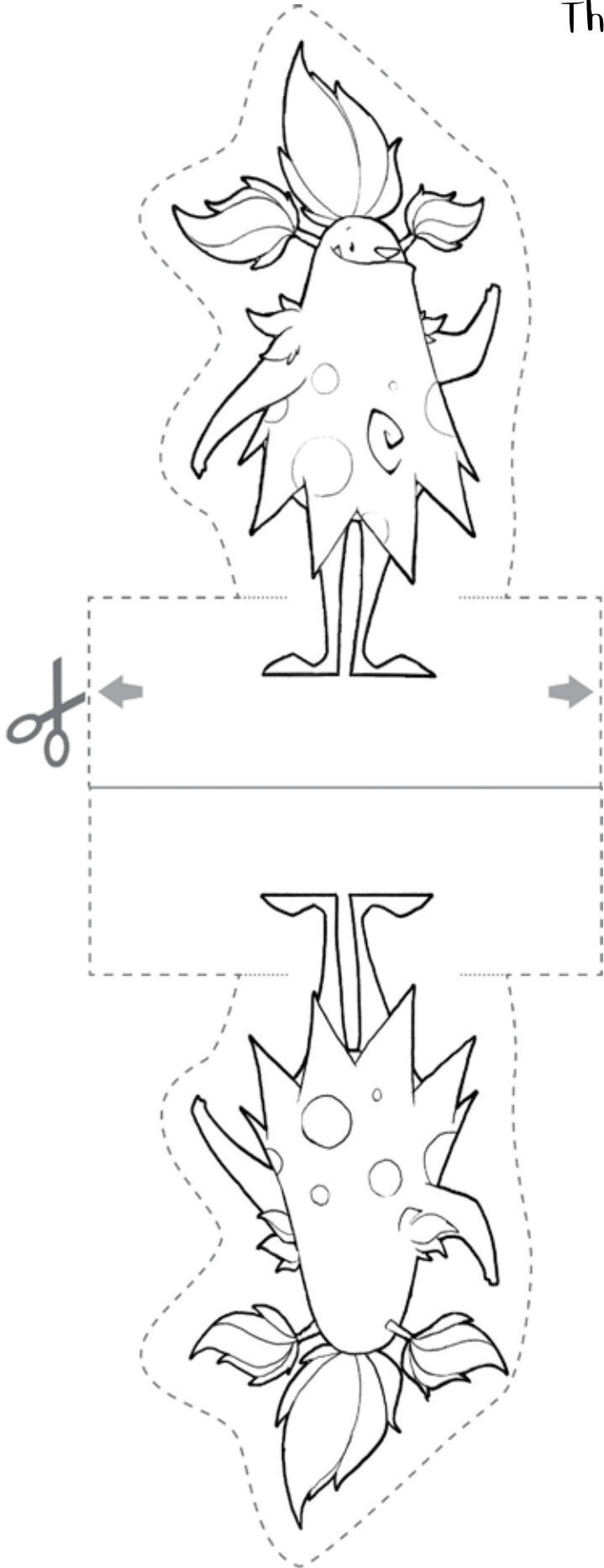
Cheeky

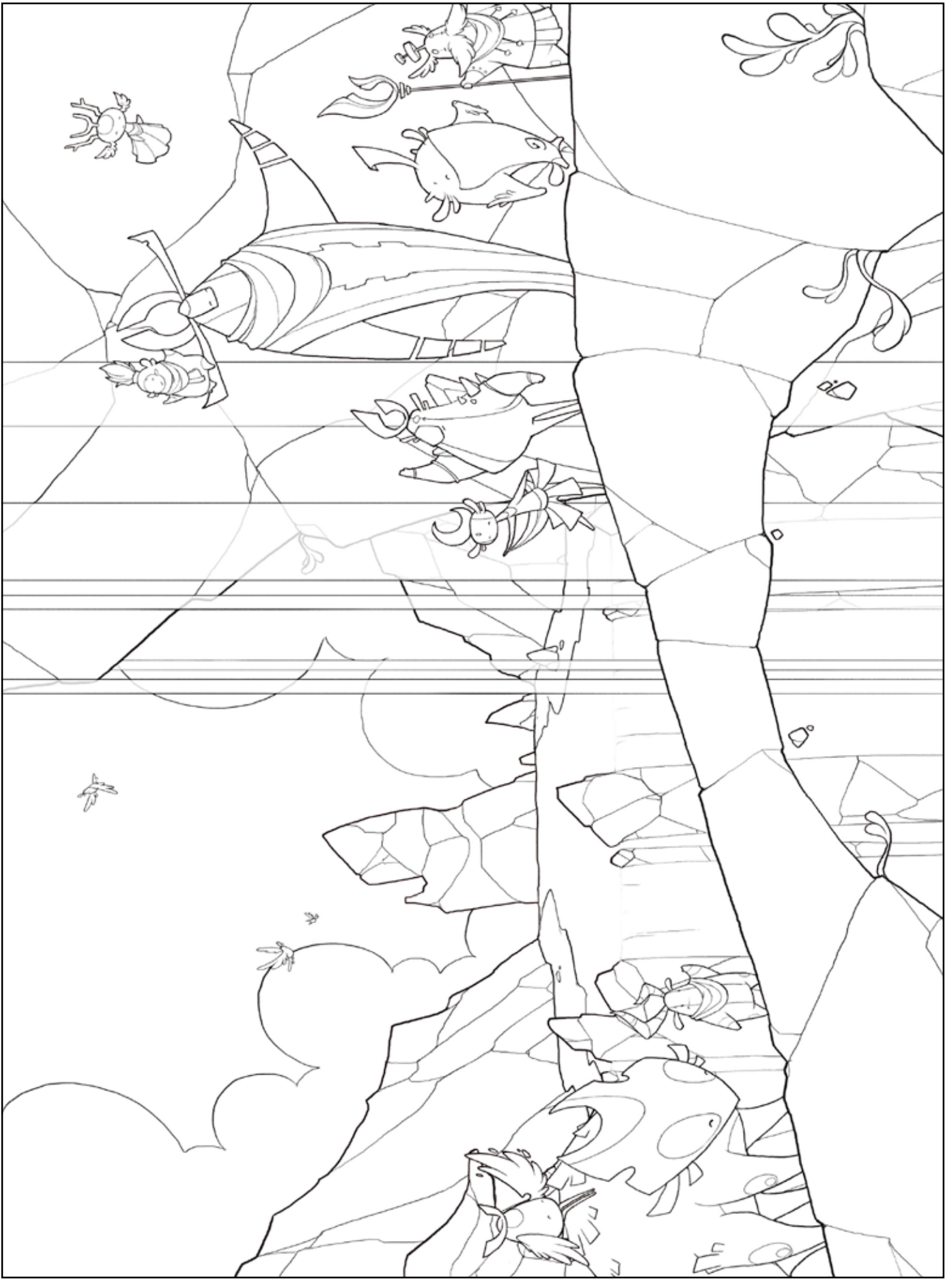


Happy



The Land of OR  
Yabbut



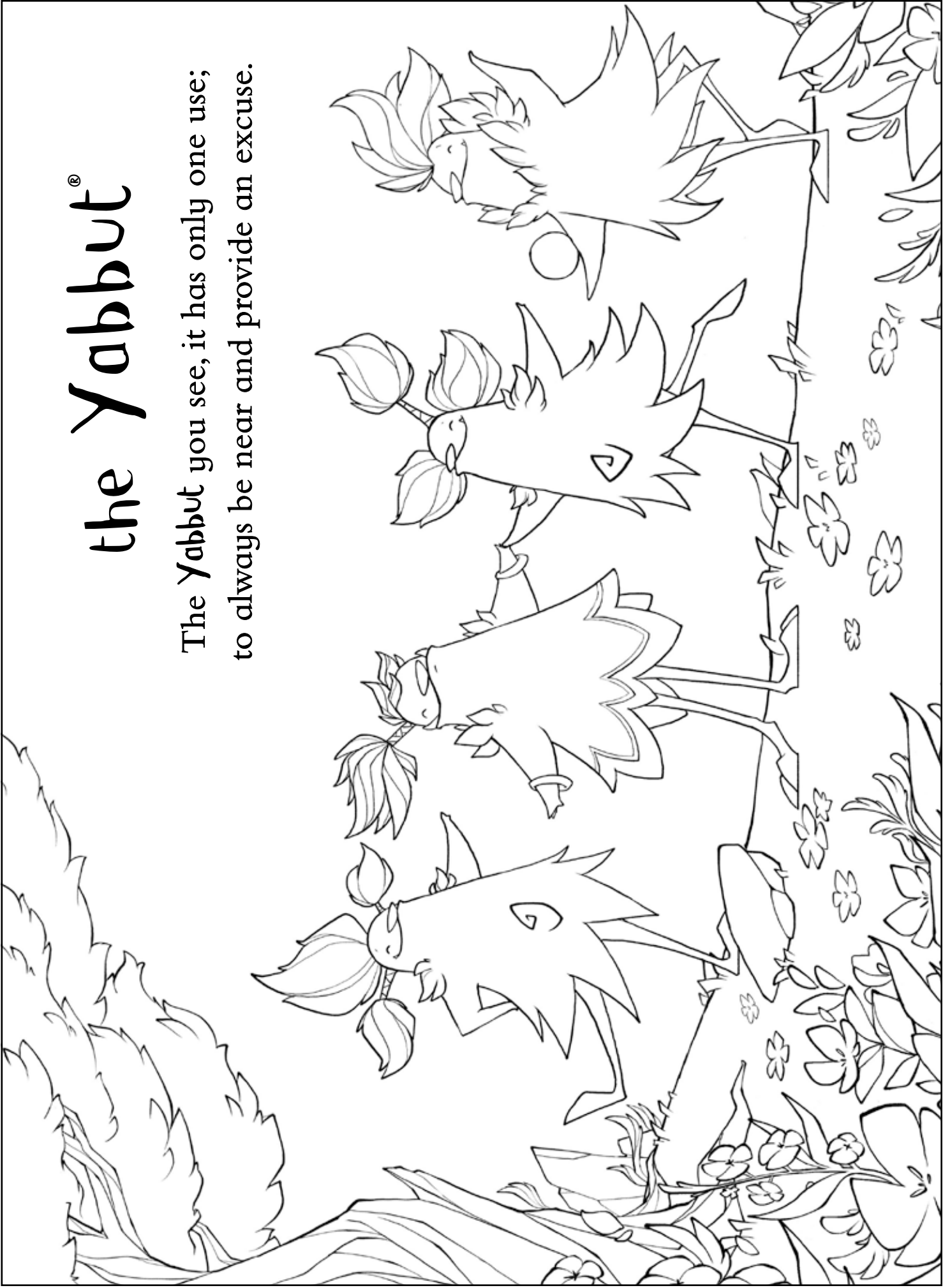


the Yabbut®  
Land of OR



# the Yabbut®

The Yabbut you see, it has only one use;  
to always be near and provide an excuse.



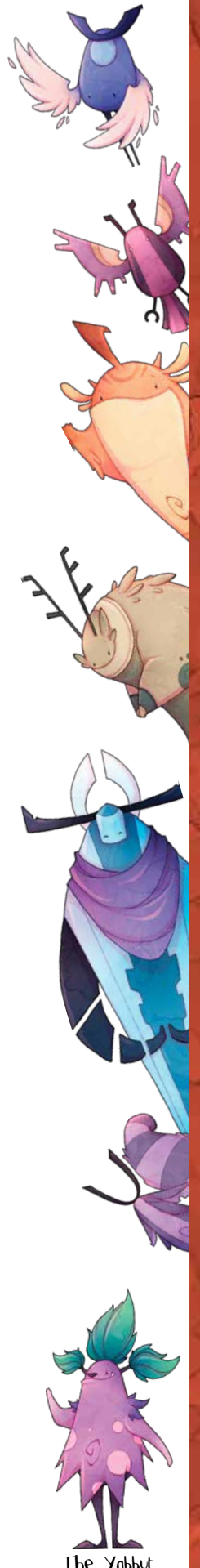
# Land of OR

## Guide to Making Good Choices

1. Find ALL of your options for your choice.
2. What is your WHY for each option?
3. IF you choose \_\_\_\_\_, THEN what will happen?
4. Who else could be affected by your option?
5. Choose the BEST option for YOU for who YOU want to be!

Remember to watch out for the Yabbut!

From your friends in  
Land of OR.





# Certificate of Awesomeness

Is Presented To: \_\_\_\_\_

for making a GREAT CHOICE!  
And for using the lessons in Land of OR to pick the best option!

Date: \_\_\_\_\_ Presented By: \_\_\_\_\_

We salute you for your commitment to making good choices  
and for remembering your journey through Land of OR.

  
Katie Mullaly, Author



  
Toby Allen, Illustrator