



Teaching Proression:



Step 2: Create My Goal

SUB SKILL(S):

- Define a goal
- Create my goal

GUIDING QUESTIONS:

Why is goal setting important? What makes a goal helpful for my growth? How can I create a goal that is meaningful?

NHES PERFORMANCE INDICATORS:

(6.2.1) Identify a short-term personal health goal and take action toward achieving the goal.

VALUABLE VOCABULARY:

goal,
personal,
meaningful,
improve

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SUGGESTED LEARNING ACTIVITY 1:

Define *goal* for your students. A *goal* is *something you want that is put in action with a plan, or something you try to do*. Provide the definition and ask students what they know about goals.

Have students share ideas and connections about goals they have from their own life.

Language of Health Literacy:

A goal is _____.

Goals are important because _____.

TEACHING NOTES:

- Utilize different definitions that are appropriate for the students in your classroom.
- Use a variety of discussion protocols and strategies to ensure all students have an opportunity to participate.



Teaching Progression: Step 2 | Create My Goal (Cont.)



SUGGESTED LEARNING ACTIVITY 2:

Practice a goal in action with your students. Tell students they must line up in a straight line as quickly as possible, without knocking over any classroom furniture. Ask five students to offer an amount of time they believe the class can do this task. Take the lowest of the five times and tell students this will be their goal for achieving the task. *Our goal is to line up in a straight line without knocking over any furniture in _____ minutes.* Repeat the task until the goal is reached, asking students between each attempt what they might try differently. Once the goal is reached, determine a new time for the same task and try again.

TEACHING NOTES:

- If the goal proves unattainable, add more time for the same task and try again.
- Remind students that achieving a goal sometimes means making changes and adjusting.

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SUGGESTED LEARNING ACTIVITY:

Tell students they will work together as a class to create a goal. Provide students with the classroom health topic that they will focus on for learning to create goals: making new friends. Prompt students to write down, or have a teacher help them write, the names of their friends in the class. As an alternative to writing, have students draw their friends. Each student will have their own list of friends. Then, ask students to identify how many new friends they would like to make. Prompt students to make their goal more specific by choosing the number of new friends they hope to make in the class.

Language of Health Literacy:

*This week/today, I will _____
(goal) by _____ (action).*

Have students write down, or verbalize, their goal. Post student goals in a location accessible to all. Have students share their goals with a partner. Pair students with a classmate and prompt each to share their goal out loud.

TEACHING NOTES:

- *Model Goal:* This week/Today, I will make 1 new friends by sitting with someone new at lunch.
- Remind students of the time period they will work in (e.g. the end of the day or week) and a range of numbers to consider for that timeframe (e.g. 1 friend, 2 friends).