



Educator guide: Goal-setting lesson

Recommended for grades:

1st grade

Time:

4 minutes

National Health Education Standards:

This lesson aligns with the following National Health Education Standards:

- Standard 6: Use a goal-setting process to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Recognize the three steps to setting a goal.
2. Identify one trusted adult who could help them with setting goals.

Activity description:

In this lesson students will learn the three steps to accomplishing a goal. Students will also learn that talking with a trusted adult will help them set appropriate goals for themselves and then reach them.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Goal-setting lesson. You may choose to use this list in any way that fits your needs.

- Goal – something you decide to work towards achieving
- Trusted adult – a grownup that you are close to and who cares about you, such as a parent, family member, teacher, school counselor, etc.



Supplemental activity: My personal goal

Objectives:

After completing this activity students will be able to:

- Identify trusted adults who can help achieve a positive mental and emotional health goal.
- Develop one personal health goal related to mental and emotional health.
- Practice steps to achieving a mental and emotional health goal.

Materials needed:

- One My personal goal worksheet for each student
- Board and markers

Time required:

30 minutes

Instructions:

As a class, review the three steps to achieving a goal covered in the Goal-setting lesson. Brainstorm some examples of goals students might be interested in setting for themselves around healthy habits for the body and mind. Write each of these goals in simple language on the board. Have each student pick a goal and write it down on their My personal goal worksheet. Also make a list on the board of potential trusted adults. Have students write down the trusted adult they would like to talk to about their goal.

Students will take their goal home and discuss with their trusted adult. The trusted adult will help the student make a plan to achieve their goal. In class, make time to periodically check in on their goal.

My personal goal worksheet

Name: _____

My personal goal:

I will:

Who is a trusted adult that can help you?

What is your plan to achieve your goal?

Transcripts

Slide 1

Belinda Badger: Hi there! Today I'm here with Zoe to talk about goal setting. But what is a goal? And how do you set one?

Zoe: Well, a goal is something you are trying to do!

Belinda Badger: You're right Zoe! Goals take time and effort, and if you follow the right steps, you'll be able to reach, or achieve, the goals you set for yourself!

Slide 2

Belinda Badger: When you want to set a goal for yourself, it is important to make sure it is something you really want to do. If you can't think of a goal, you can ask your trusted adult what is something they think would be a good goal for you!

Slide 3

Belinda Badger: So, how do you set a goal? There are three steps to follow. First, write it down. Next, make a plan to reach it. The last thing you do is track your progress. Zoe needs help figuring out how to reach her goal. Let's use these steps to help her!

Slide 4

Belinda Badger: Zoe has decided that she wants to learn how to draw. What do you think Zoe should do first? When you think you know, click next!

Slide 5

Belinda Badger: Zoe should write her goal down. Once she writes it down, she'll make sure she doesn't forget it and can also look at it when she needs a reminder. Now that Zoe's written her goal down, what does she need to do? Click next when you think you know what Zoe needs to do after writing her goal down.

Slide 6

Belinda Badger: Zoe needs to make a plan! Good job. Zoe decided to ask her trusted adult to help her make a plan for how to reach her goal. Her dad told her she could practice drawing every day for twenty minutes this month. Zoe's done two of the three steps needed to reach her goal. What is the last thing Zoe needs to do? Click next when you know!



Slide 7

Belinda Badger: Zoe needs to track her progress! She is going to use her calendar on her desk to track each day. Zoe asked her trusted adult to check in with her to help her reach her goal.

Slide 8

Belinda Badger: It is important when setting and working towards reaching a goal to find a trusted adult to help you. Sometimes you might get stuck, or not know what to do, and that's okay. A trusted adult will always be there for you to help you reach your goals. Think about who your trusted adult would be.

Slide 9

Zoe: It can be hard to pick a goal, but once I start trying, it feels good to reach it!
Belinda Badger: Setting a goal and reaching it does take hard work. But with the help of your trusted adult, you can do it! That's all for today. Happy goal setting!

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