



# Educator guide: Goal setting lesson

## **Recommended for grades:**

2<sup>nd</sup> grade

## **Time:**

2 minutes

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- 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](http://shapeamerica.org).

## **Learning objectives:**

After completing this lesson students will be able to:

1. Identify two trusted adults who can help them set a health-related goal.
2. Set and track a physical activity goal for one week.

## **Lesson description:**

The Goal setting lesson teaches students what a goal is and that there are adults that can help them reach their goals. They will hear different examples of goals related to physical activity.

## **Vocabulary:**

Use the following list of vocabulary as a reference for yourself or 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 do
- Physical activity – an activity that makes your body move a lot



# Goal setting worksheet

Name: \_\_\_\_\_

Set a physical activity goal to try this week. Some examples could include getting one hour of physical activity each day this week or trying a new physical activity each day this week. Write down your physical activity goal for the week.

I will:

Who are two adults that can help you?

1: \_\_\_\_\_

2: \_\_\_\_\_

Put an X in one of the boxes for each day you reach your goal.



# Supplemental activity: Family meals

## **Objectives:**

After completing this activity students will be able to:

- Recognize the importance of family meals.
- Talk with their family about family meals.

## **Materials needed:**

- Family meals handout on next page

## **Time required:**

10 minutes

## **Instructions:**

Have a discussion with students about the importance of eating as many meals together with their family as possible. Life can get really busy. This makes it hard to plan sit-down meals together. Eating together is one of the most important things families can do for their health. Family meals help kids do better in school, feel better about themselves and have better social skills.

Send each student home with a copy of the Family meals handout and have them bring it back to class. At the bottom of that sheet is a place for families to write down their goal for eating together as a family. Allow students the chance to share those goals with the class, if desired.



# Family meals

## Eat 4 family meals each week

Life can get really busy. This makes it hard to plan sit-down meals together with your family. Eating together is one of the most important things you can do for your family's health. Family meals help kids do better in school, feel better about themselves and have better social skills. Try these things:

- Make eating together a priority. Plan set days and times on the calendar to eat family meals.
- Gather all who are at home at meal times. Eat together in the same room, facing each other. Move to a table in a dining area, if able.
- As you get better with eating together, try focusing more on each other. Turn off screens so you can talk with one another.
- Plan set days and times on the calendar to eat together. Start with 4 times per week. This could be breakfast, lunch, dinner or even a snack time. Clear off an eating surface like a table so the family has a place to eat.

## Set a goal

Think about how many meals you eat together most weeks. Then set a goal for eating more family meals together. Try to eat at least 4 family meals each week.

1. Right now, how many meals do we eat together as a family each week? \_\_\_\_\_
2. Our goal is to eat \_\_\_\_\_ meals together as a family next week.

Put an X in each box for the meals that you will try to eat together as a family next week.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							



# Transcript

## Slide 1

Goal setting

## Slide 2

Have you ever heard of a goal? A goal is when you decide what you want to accomplish, and then you try to do it. Can you set a goal to be active for at least one hour every day this week? You can use the worksheet to track how long you're active each day.

Remember, there are plenty of adults who can help you with your goal. Obstacles can make it harder to reach your goal. For example, if you spend all day watching TV or playing video games, you won't have time to get active. If you have an obstacle, you can talk to parents, relatives, teachers and even doctors!

And remember, different people set different goals, even your friends here in outer space. Click their pictures to hear about their goals.

Sofia: I'm dancing all the time, so it's time to change it up. This week, I want to learn how to skateboard!

Carly: My only chore is to clean up my room, and my dad wants me to help around the house more. So, I decided to help put the groceries away, and to help with laundry.

Jack: My family just got a new dog! My goal is to walk him every night after dinner. Walking is good for both of us!

Zach: I sure do like playing video games, But, I know I need to get moving more. This week I'm going to shoot hoops after school instead of playing video games.

## Slide 3

Good job!



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