



Educator guide: Goal setting lesson

Recommended for grades:

6th grade

Time:

3 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.

Learning objectives:

After completing this lesson students will be able to:

1. Describe at least three healthy behaviors (including one that specifically helps keep the mind healthy) they can do each day.

Lesson description:

In this lesson students will learn about SMART goals and how to be successful in achieving their health-related goals.

Pre and post-test question:

Use the following question with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. Which of these is an example of a SMART goal?
 - a. I will get more physical activity next month.
 - b. I will get at least one hour of physical activity per day by November 1.**
 - c. I will get at least one hour of physical activity per day.



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.

- Attainable – able to be reached or achieved
- Goal – something you decide to work towards achieving
- Measurable – able to be measured
- Relevant – important or significant and connected with what is happening or being discussed
- SMART goal – a goal that is specific, measurable, attainable, relevant and timely
- Specific – clearly defined or identified
- Timely – having a timeframe or target date

Goal setting worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Goal setting lesson.

1. What does SMART stand for in goal setting?

S - _____

M - _____

A - _____

R - _____

T - _____

2. List three things you can do that will make you more successful at reaching your goals.

a. _____

b. _____

c. _____

3. List two trusted adults you could talk to for help in reaching your goals.

a. _____

b. _____



Goal setting worksheet answer key

1. What does SMART stand for in goal setting?

Smart

Measurable

Attainable

Relevant

Timely

2. List three things you can do that will make you more successful in reaching your goals.

a. Write it down.

b. Come up with a plan.

c. Track your progress.

3. List two trusted adults you could talk to for help in reaching your goals.

Parent, relative, doctor, school nurse, counselor, etc.

Supplemental activity: Goal setting

Objectives:

After completing this activity students will be able to:

- Write a personal health-related goal and track progress toward the goal.
- Demonstrate health-enhancing behaviors, such as participating in physical activity, eating healthy foods and getting proper rest.

Materials needed:

- Chalkboard or whiteboard for brainstorming
- SMART goal worksheet (included below)

Time required:

30 minutes

Instructions:

On the chalkboard or whiteboard, write what makes a goal a SMART goal.

Specific - What exactly do you want to do?

Measurable - How will you know when you have reached your goal?

Attainable - With hard work, is it possible to reach your goal?

Relevant - What about your goal makes it important to you?

Timely - When do you want to meet your goal?

Give each student a copy of the SMART goal worksheet have them think about a health-related goal that they would like to set for themselves. Goals should be personal. Students can share their goal with others if they want to, but shouldn't feel forced to.

After students fill in their SMART goal, they will need to develop a plan for reaching that goal. Discuss resources and other people who can help them achieve their goals.

Each student should track their goal on a daily basis. Students may wish to use a personal calendar, assignment notebook, the SMART goal worksheet, or any other format that works for them. Perhaps hold a weekly check-in with students to discuss how it is going for them.



SMART goal worksheet

Name: _____

Date: _____

Instructions: Think about a health-related goal that you would like to set for yourself. Answer the questions below to make sure your goal is a SMART goal. Then, you can make a plan to reach your goal and track your progress each day.

Specific: What exactly do I want to do?

Measurable: How will I track my progress? How will I know when I have reached my goal?

Attainable: With hard work, is it possible for me to reach my goal?

Relevant: Why am I doing this? Is it important to me?

Timely: When will I complete my goal?



What is your plan for reaching your goal?

Track your progress toward your goal:



Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Nutrition and physical activity resources for parents, caregivers and educators

- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, kidshealth.org
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- U.S. Department of Agriculture (USDA), [myplate.gov](https://www.myplate.gov)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, dpi.wi.gov/sspw



Transcript

Slide 1

Jack: A goal is something you are trying to do or achieve. And it may take some work, and time, to accomplish it.

Sofia: You may have a goal to make the basketball team next year. Or, to get at least a B on the upcoming math test. People often set goals around some of the healthy behaviors that we've talked about. For example, some people set a goal to be active every day. Or, to eat at least five servings of fruits and veggies each day.

Jack: It's often helpful to write down your goal. Then, come up with a plan to reach it, and track your progress. We'll take a closer look at how to do this. But first, don't forget to open the worksheet and either save it or print it. Complete this worksheet as you move through this lesson.

Slide 2

When setting a goal, it's important to make sure your goal is SMART. That means your goal needs to be specific, measurable, attainable, relevant, and timely.

Specific means what exactly do you want to do?

Measurable means that you need to be able to know when you've reached your goal.

Making it attainable means that it shouldn't be so hard that you'll never be able to reach it.

Relevant means it must be important to you, or else you're not going to follow through on it.

And, timely means you need a specific deadline for your goal.

Slide 3

Jack: For example, saying that you want to drink less sugary beverages isn't a very SMART goal. Drinking "less" of something isn't specific. How much less? There's also no timeframe to complete this goal. How long do you think it will take?

Sofia: Let's say that right now you drink two sugary beverages most days. A better SMART goal might be something like, I want to drink zero sugary beverages each day by the end of this month. You can start by cutting down to one sugary drink per day for a whole week. Once you're comfortable with that, you can try to have just one sugary drink every other day for a week. Meeting these smaller goals will help you eventually meet larger goals that may have seemed impossible when you started.

Slide 4

Once your goal is set remember to write it down. You'll need to come up with a plan too. So using the zero sugary beverages goal, what will you drink instead? Write down any steps or tasks that will help you achieve your goal. Then track your progress. It can be as simple as writing down how many sugary beverages you drink each day. You can use a notebook, calendar, or whatever works for you.

Slide 5

Sofia: Letting the adults at home know what your health goals are is a good idea since they can remind you, help you, and motivate you.

Jack: Doctors and school nurses are always good resources to help you complete your goal, too. They often have lots of ideas, and can answer your questions!

Sofia: Good luck and have fun!



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John Parkhurst, Ph.D. LP, Child & Adolescent Psychologist, Assistant Clinical Professor of Psychiatry, Medical College of Wisconsin





Contact us:

Children's Wisconsin
E-Learning Center

(866) 228-5670

healthykids@childrenswi.org

