



Kick off the Year with a Healthy Goal!

Classroom Activity

Teachers,

The beginning of a new school year is a perfect opportunity to set the tone for the rest of the year. Use part of this time to focus your students on their health, because a healthy classroom is a happy classroom! In this classroom activity, students will have a discussion on setting healthy goals for the school year. They will choose one goal as their focus and write it out as a reminder to strive for healthy habits.

Time Required: 20 minutes

Goal: Students will come up with a goal to kick the school year off to a healthy start.

Objectives:

- Learn what it means to set a goal
- Participate in a classroom discussion about how to keep a healthy body.

Prep:

- Photocopy the attached goal sheet (½ sheet per student). Cut in half.

Classroom Activity Suggestions:

Adjust these activity suggestions according to grade level.

- Introduce the vocabulary word: “Goal.” Ask students about what they think it means.
- *When you play soccer and score a point, what do you call it? You call it a goal! Just like how the soccer players want to score a point, or make a goal, we want to make our goals happen too!*
- *Goals can help us do something that we have always wanted to accomplish. Goals can help us set our mind on something, and if we stay focused on the goal, then we can reach it! Give examples of different goals. (To practice handwriting each night, to walk the dog after school, to read a new book each week, to write letters to family members who live far away, etc.)*
- Inform students that this year, you have a goal of having a healthy classroom. *What does a healthy classroom look like? In order to have a healthy classroom, we all have to be healthy!* Tell students that they will be coming up with a goal to keep their body healthy. Pass out the healthy goal sheet to students. Ask students “What can you do to keep your body healthy?” Have students THINK-PAIR-SHARE.
- Call on students to share their answers with the rest of the class. Record answers on the board. Students will answer using the sentence frame:
 - “To keep my body healthy, I will _____.”
- Students will choose the goal that they want to work on for the year and write it on their sheet.
- (Best for upper grade) Make goals that are SMART: specific, measurable, attainable, realistic, and time-oriented. Instead of saying, “I will eat more vegetables,” say, “I will choose a vegetable from the salad bar every day.”
- Instruct students to write or sign their name under “signed,” and to also write the date on the blank line.
- Students can draw a small picture on the sheet if desired.
- If goal sheets are sent home, remind students to hang their healthy goal sheet somewhere where they can always see it as a reminder to stay healthy (on the fridge, on their desk, by the pantry, etc.).
- Goal sheets are also great to be displayed in the classroom or on a bulletin board.
- Extensions: (Best for upper grade) Check back on the progress of the goals after a month or so. Have students reflect on their goal: are they sticking to it? What can be changed to make it work?

Common Core Standards:

This activity can be tied in to California’s Common Core Content Standards for English Language Arts: Writing, Speaking & Listening, and Language standards.