



August 6th Grade

Goal Setting wk 2

August Lesson 3

Goals

- Students will explain the different letters in SMART
- Students will change goals into SMART goals
- Students will set SMART goals for their upcoming year.

ASCA Standards

- B-LS 2. Creative approach to learning, tasks and problem solving
- B-LS 4. Self-motivation and self- direction for learning
- B-SMS 5. Perseverance to achieve long and short-term goals
- B-SMS 7. Effective coping skills
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Materials

- 10 balloons
- Sharpie
- SMART Goal WKST 6th printed one per student (pg 3)
- Speaker of some sort and upbeat music prepped for game

Options

EXTRA TIME:

- Have students turn to a neighbor or two and share their goals to double check that they are SMART.

LESS TIME:

- Collect WKST unfinished and have students finish them next time at the start of the lesson.



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Lesson

INTRO:

- Have one or two students present their Coping Skills Interview to the class. (It works best for you to read the interview questions to them).
- Discuss this question as a class: *What is a coping skill?*

LESSON:

- Review SMART with the class for this goal: I WILL PRACTICE PIANO EVERY DAY FOR 20 MINUTES IN THE MONTH OF SEPTEMBER.
 - S-Specific = 20 minutes/piano
 - M- Measurable= Record each day you practice and note the time.
 - A- Action = Set a specific time to practice, have an accountability partner, have practice book ready to go.
 - R- Realistic = You have a piano and the desire to learn!
 - T- Timely= You will complete 20 min by the end of each day in September.
- Explain to students that you will be using the letters in SMART for a game!
- Pass out 10 balloons to 10 students to blow up and tie.
- Write in Sharpie "S" on one, "M" on one, "A" on one, "R" on one, and "T" on one. The other five are blank
- Explain to students that this game is like musical chairs. You will play music while the students tap the balloons around. They may not touch the floor. When the music stops, you keep the balloon you are holding!
- Students will then look at their balloon and come up to the front if they are holding one of the SMART letter balloons to answer a question about a goal.
- Ask the student holding "S" if it is specific and what may need to change to make it specific. Ask the student holding "M" "A" "R" and "T" similar questions.
- Students will be turning the following not "SMART" goals into SMART goals! One goal will be one round and then begin again.
 - I will get good grades this year.
 - We will not get in trouble at all during 6th grade
 - I will make a new friend this month.
 - Our family will go on vacation to Disney World 5 times this year!

CLOSE:

- Explain that you want students to put their knowledge into practice! Pass out WKSTS and have students follow directions.
- Collect WKSTS on students way out the door.

Name: _____

SMART GOALS!

Write a SMART goal for yourself for this upcoming school year. This could be an athletic goal, friend goal, spiritual goal, family goal, etc. Whatever it is, it needs to be something worth working for and a good goal for you!

Begin by writing a general IDEA for your goal:

Now fill in details:

How is it SPECIFIC? _____

How is it MEASURABLE? _____

What are ACTION steps you might take? (list 3)

1. _____

2. _____

3. _____

How is it REALISTIC? _____

Is it TIMELY? _____

Write your perfectly SMART goal below:

How will learning to write SMART goals help you in real life?

