



Educator Guide: Goal-Setting Lesson

Recommended for Grades:

7th 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. Identify what makes a goal a SMART goal.
2. List two things they can do after setting a goal to help them succeed in reaching the goal.

Lesson Description:

In this lesson, students will learn about SMART goals and how to be successful in accomplishing their health-related goals. There is a worksheet students can complete as they work through this lesson. It can be found later in this guide or on the activity page in the e-Learning Center.



Pre and Post-Test Questions:

Use the following questions 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 (or ideal) answer choices are bolded.

1. Is “I will get more physical activity” a SMART goal?
 - a. Yes
 - b. No**

2. Once you have a goal set, what three things should you do? Choose all three.
 - a. Write it down.**
 - b. Keep it a secret.
 - c. Make a plan.**
 - d. Track your progress.**

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
- Barrier – something that gets in the way and prevents you from reaching your goal
- Goal – something you decide to work towards achieving
- Measurable – able to be described in specific terms, such as size, amount, duration or mass
- 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 Lesson 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 Lesson 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, or getting proper rest.
- Identify strategies that could be used to overcome barriers and setbacks to achieving their health-related goal.

Materials Needed:

- Chalkboard or whiteboard for brainstorming
- SMART Goals worksheet (found on the next page or on the activity page in the e-Learning Center)

Time Required:

30 minutes

Instructions:

On the chalkboard or whiteboard, review 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?

Hand out the SMART Goals worksheet to each student and instruct them to think about a health-related goal that they would like to set for themselves. Goals should be personal. Goals could be written about improving sleep, nutrition, physical activity, mental health, etc. Students can feel free to share their goal with others if they want to but shouldn't feel forced to. It is recommended that students share their goal with the adults at home so they can get support from home.



After students write down their SMART goal, they will need to develop a plan for reaching that goal. Students can write down their plan on the back of their goal setting worksheet or on a separate sheet of paper. Discuss any barriers or setbacks that students might encounter, and brainstorm ways to overcome them. Students should write down possible barriers to reaching their goal and solutions to those barriers. It's also helpful to discuss resources and other people who can help them achieve their goals.

Students should track their goals on a daily basis. Some students may wish to use a personal calendar, assignment notebook, or any other format that works for them. Try to hold a weekly check-in with students to discuss how it is going for them.



SMART Goals Worksheet

S pecific	What exactly do I want to do?
M easurable	How will I track my progress? How will I know when I've reached my goal?
A ttainable	With hard work, is it possible for me to reach my goal?
R elevant	Why am I doing this? Is it important to me?
T imely	When will I complete my goal?



<p>Possible barriers to reaching my goal</p>	
<p>Solutions to possible barriers</p>	
<p>Adults I can go to for help, if needed</p>	

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 Academy of Pediatrics, [healthychildren.org](https://www.healthychildren.org)
- 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](https://www.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)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, dpi.wi.gov/sspw



Transcript

Slide 1 (video)

Camara: Setting goals is an important skill to learn. A goal is something you are trying to do or achieve. And it usually takes some work, and time, to accomplish it.

Taylor: You may have a goal to get a part in the school play. People often set goals around the healthy behaviors that we've talked about. For example, someone might set a goal to drink no sugary beverages all month. Or, to spend no more than 2 hours each day watching tv and using electronic devices.

Camara: It's often helpful to write down your goal. Then, you can come up with a plan to reach it and track your progress. Let's take a closer look at how to do this. 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 goals, it's important to make sure your goal is SMART. That means your goals need 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 that you need a specific deadline for your goal.

Slide 3

Once your goal is set it's important to write it down. You'll need to come up with a plan too. So if your goal is to get 10 hours of sleep each night by the end of next month what steps do you need to take to get there? 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 hours of sleep you get each night. You can use a notebook, calendar, or whatever works for you.



Slide 4

Ok, so you want to get more sleep. That alone isn't a very SMART goal. Getting "more" sleep isn't specific. How many hours of sleep are you wanting to get? And there is no timeframe set for achieving this goal.

Let's say that right now you get about 8 hours of sleep most nights. You know that you should be getting about 10 hours of sleep a night. A better SMART goal might be something like I want to get 9 hours of sleep each night by the end of this month. Then perhaps your plan could be to go to bed 15 minutes earlier each night for the first week. Then go to bed 15 minutes earlier each night for another week. If you do this for four weeks, you should be able to get 9 hours of sleep by the end of the month. Once you have reached your goal of getting 9 hours of sleep each night, you can re-assess things and see if you can figure out a way to get even closer to the recommended 10 hours per night.

Slide 5 (video)

Camara: In life there are always going to be some barriers and setbacks. It's important to anticipate what those might be and how you can handle them when they occur. For example, if a barrier to getting 10 hours of sleep each night is that your friends are always texting you, then make a plan to keep your phone in another room so it doesn't prevent you from falling asleep.

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

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



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Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

