



Building Courage

Preparation

Download and print copies of the “Today I...” worksheet for each student in your class.
Grab a few sets of scissors
Provide students with markers or crayons
Print Building Courage poster and hang it up in your classroom

Activity



Start the activity by reflecting with your class

- ★ How have you improved this year?
- ★ What have you enjoyed learning?
- ★ What has been challenging?
- ★ What would you like to work on more?

Discuss why we set goals

- ★ Why do we set goals?
- ★ How can we use our reflections to set goals?
- ★ What makes a goal a good goal?
- ★ Are all goals about school?

Let's set some goals!

- ★ Think about something you want to accomplish by the end of the school year
- ★ Explain what you want to do
- ★ Explain how you will do it
- ★ Explain how you'll know you're finished

Setting steps towards your goal

- ★ When setting a long term goal, it's helpful to break it down into small, actionable steps. Brainstorm steps that will help you achieve your goal and write them on the strips of the “Today I...” handout.
- ★ You can even include a drawing to help you visualize the step.

Celebrating courage!

- ★ Each time you complete a step, tear it off and tape it to our “Building Courage” poster.
- ★ We'll celebrate the small courageous steps we take along the way to reach our bigger goals.





Write your goal in the box below, including what you want to do, how you'll do it, and how you will know you've completed it. Next, decide what steps you'll take each day that will help you accomplish your goal. Write the steps on the strips below. Cut along the dotted lines. As you complete each step, tear off the strip and attach it to the Building Courage poster.

Today I...