SEL Lesson Plan – Week 2

Smart Goal – IF-THEN Plans

**Overview**

Students can learn how to accomplish things they value by setting appropriate goals and using effective strategies to achieve them. In this lesson, students are introduced to the SMART goal strategy.

Extensive research, including brain research, has shown that when people make an IF–THEN PLAN, they’re twice as likely to follow through. Linking an action with an environmental cue is a way to automatize the action. Instead of having to remember and use willpower, students can learn to make positive actions more automatic through IF–THEN PLANS.

**Objectives**

* Practice breaking down goals into small, simple steps
* Practice transforming wishes into SMART goals
* Recognize the key parts of an IF–THEN PLAN
* Use an IF–THEN PLAN to prepare for a difficult or important situation

**MONDAY – What is a Goal?**

* **Collaborate**:

Have the students take out a blank sheet of paper and number it 1-3.

Ask the students each of the three questions below and give them 30 seconds to respond by writing the first thing that comes to their minds.

1. If you were given 3 wishes for anything, what would you wish for?
2. If you won a million dollars, how would you spend it?
3. If you could accomplish anything in the world, what would you do?

Have students share answers to questions. Questions should encourage students to think about wishes they have for their life.

* **Video** “What does it mean to have a Goal?”
* **Class Discussion**: Why is it important to break down big goals into several small, simple steps? It makes your goals achievable. Breaking goals down makes then easier to do and easier to achieve
* **Activity**: Kahoot- SMART Goals

**TUESDAY- SMART Goals**

* **Collaborate:**
* Have the students write down two educational goals and two personal goals.
* **Video** “SMART Goals?”
* Video Summary: it takes work to achieve goals. One strategy that can help is making SMART goals – goals that are Specific, Measurable, Action-Oriented, Realistic, and Timely.
* **Class Discussion**:
* Why is it important to break down big goals into several small, simple steps? It makes your goals achievable. Breaking goals down makes then easier to do
* What does the letters in SMART stand for?

Specific, Measurable, Action-Oriented, Realistic, and Timely.

* **Activity**:
* Students will pick one goal to break down into smaller steps using SMART template
* Pass out SMART template for students to complete

**WEDNESDAY: Motivational Wednesday**

* **Activity:** Students will continue to complete SMART goal template

**Optional Activities:**

* **Motivational Video**
* **“Kids are Awesome” Video** (discussion could include the time and practice needed for each kid to accomplish stunt)
* Students share SMART goals with class
* Rewrite SMART goal on decorative paper, in planner, or place where they can read it everyday

**THURSDAY: IF – THEN plan to accomplish goals**

* **Collaboration:**
* After you’ve set a goal and broken it down into small steps, what should you do next.?
* What’s the best wat to make sure you have completed all the steps to the goal?
* **Video** “How can having a plan help you reach your Goals?”
* **Class Discussion**:
* Why is it important to be specific about your IF and THEN when creating a goal?
* How do you know whether your IF and your THEN are specific?
* **Activity:**
* Students will use pick one SMART goal and create an IF – THEN plan.
* IF – THEN plan template is provided for each student

**FRIDAY: IF – THEN Plans for Situation**

* Collaboration:
* How can you prepare yourself for difficult situations a school?
* How could an IF-THEN plan be useful for difficult situations?
* **Video** “How to prepare yourself for a difficult situation?”
* **Class Discussion**:
* Have students share difficult situations they face in school
* Together as a class, create an IF-THEN Plan for each situation
* **Activity**:
* Students will pick a situation they want to prepare for.
* Write an IF – THEN plan for it
* Students can write the IF-THEN plan in planners, notebooks, index cards, or place where they can read it every day.