**New Year, New Goals! (7-12)**

Monthly Campaign Announcements:

| Day 1 | Did you know that (INSERT SHC/SHF NAME) health and wellness goal for (year) is (INSERT GOAL). In January we are going to talk about setting healthy goals. What kind of goal would you like to set for (year) to be healthier? |
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| Day 2 | I want you to think of one health and wellness-related goal that you want to set for yourself this year. Maybe it is to eat more vegetables, to do more random acts of kindness or attempting to get 12,000 steps a day. Write your goal down and tell people about it so they hold you accountable. |
| Day 3 | Did you think of your wellness goal yet? One goal you could have is to laugh everyday. Laughter triggers a positive feeling in the body and boosts mood.  It’s joke time –  Q: Can a kangaroo jump higher than the Empire State Building?  A: Of course. The Empire State Building can't jump. |
| Day 4 | SMART goals is a framework that supports you reaching your goals. Today we’re going to start explaining what each letter in SMART stands for.  S – stands for specific.  This means that you should make your goal very clear. For example instead of “I want to have more energy” you could say “I will have more energy by making sure I always fill half my plate with fruit or vegetables. |
| Day 5 | Are you beginning with the end in mind and setting wellness goals for yourself? Today Let’s talk about what the M stands for in SMART goals.  M – stands for Measurable.  Does your goal give you an idea of how much you would like to improve your health?  For example if you had a running goal you would say “I will be able to run a mile in under 6 minutes.” |
| Day 6 | Today we are onto A in SMART goals.  A – stands for achievable. While it’s good to set a big goal you also have to make sure it is achievable. It feels really good to achieve your goals but make sure you break them down into little steps so you feel successful! If you want to eventually run a marathon but have not ran a lot in the past, maybe start with a 5k race goal, then a 10km race, and so on. Setting and achieving small goals helps us stay motivated to reach our large goals. |
| Day 7 | Trying to laugh every day is a great goal..even if you fake laugh because it releases the same hormones in your brain that trick you into feeling happy!  Q: Did you hear about the kidnapping at school?  A: It's okay. He woke up. |
| Day 8 | Today we talk about “R” In SMART goals,  R - stands for realistic  Do you think that you will be able to achieve your goal? Is it a big goal but within your abilities? Make sure you set goals that are realistic so that you can feel good when you reach your goal! |
| Day 9 | We have reached the final letter in SMART goals.  T– stands for time-based.  You should have a time limit on your goals. When are you going to achieve your goal by? The time limit could be a year, a month or a day, it all depends on what is realistic for the goal. |
| Day 10 | We have reached the end of our SMART Goals lesson. Can you remember what S, M, A, R and T stand for? Your goal should be specific, measureable, attainable, realistic and timely. Be sure to write it down. Get your ideas ready for your own wellness goal. |
| Day 11 | Today we would like to review some of the wellness goals the teacher’s on staff have set for (year ). (Principal’s name) goal is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Day 12 | Did you know that (insert teacher name) had a really great goal to reach this year? Her goal is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Day 13 | Do you remember what each letter in SMART goals stood for? Let’s review!  S- specific  M- measurable  A- achievable  R- realistic  T – time-based  Did you remember all of the words? Have you been thinking more about your own healthy goal? |
| Day 14 | Over the last few weeks we have shared lots of tips and ideas for setting healthy goals. I hope that you have been doing well and reaching your healthy goals for (year)! |

Reference:

Women’s and Children’s Health Network – Goal Setting: <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&id=2368>

Setting SMART Goals:

http://www.dummies.com/how-to/content/setting-smart-management-goals.html