

Lesson 116

Purpose: To introduce setting intellectual improvement goals as a positive action to achieve self-improvement.

Materials Needed None

Materials Provided None

Procedure

Teacher *Follow up the previous day's assignment. Hand out activity sheets and give stars to those who completed the physical goal set in Lesson 115. They should continue to work toward that goal, as they add a new intellectual goal in today's lesson. Collect and save the activity sheets.*

Say Yesterday, we learned about setting goals. I told you about some children who didn't set very good goals. What mistakes did they make? *(Remind the children of the stories.)*

One set a goal that was too high. *(Become the best piano player in the world by the end of a month.)* Another set a goal that would keep her from doing other important things. *(Ice skate but not go to school.)* Another set a goal that would hurt his body. *(Not eat for a week.)*

A good goal is one that is something we actually can achieve, and the best way to achieve a goal is to do a little every day. The person who practices the piano for awhile every day for many years is the one who becomes very good. The person who remembers to smile and say 'hello' to everyone will eventually do that without having to think about it, and can then move on to other goals.

Let's learn a little poem that will teach the best way to work at a goal—just a little at a time. Watch me and see if you can copy the movements that go with the words.

Set a goal that you can try
Not too low, not too high.
(Hand low and then high)

Start at first nice and slow;
Then a little faster as you go.
(Walk in place slowly and then a little faster)

Steady, steady, all the time;
Never jump, but only climb.
(Jump and then shake head; then pretend to climb)

Step by step, a steady rate,
You'll do some thing really great.
(Walk around, steadily, at an even pace)

Earlier in the year we talked about intellectual positive actions. Being curious, gathering information, being creative, solving problems, remembering—those are some of the intellectual positive actions. Any time we learn something new, we are improving our minds, and that is a

positive action. Today I want you to set a learning goal. Try to think of something you can by the end of the day.

Teacher *Help them discover their own goals. You know the material you have been teaching in class; encourage the children to set their own goals in those learning areas. It could be to know two or three new words, to learn to count by fives, to remember certain positive action rules, or anything else the children are studying. At the end of the class period, remind them that you will pass out Activity Sheets 115-6-K tomorrow so that the children can put a star in the box for intellectual positive actions.*