

The Me I Want to Be!

Integration: Health (Personal Health, Mental/Emotional Health); Art

Grade Levels: K-3

Time: 1-2 class periods

Materials:

- Story: *Ann's and Liv's Goals*
- Paper
- Crayons, markers, colored pencils, etc.

Objectives:

Students will:

1. Describe the goals of explorers Ann Bancroft and Liv Arnesen and their Expedition.
2. Discuss the concept of a goal and their goals for the future.
3. Draw a picture or write about achieving a goal that they have.

Lesson:

Full Group

1. Ask students the following questions to begin a discussion of goal setting.
 - a. What is a goal? (A goal is something you want to achieve. It can be big or small, for the future or for today.)
 - b. Why are goals important? (They help you have the kind of life you want, and give you control over your life.)
2. Some goals are things you want to do today or tomorrow. Other goals are things you want to do later in your life, maybe when you are grown up.
3. Read the story of Ann and Liv's goals to the students and have them identify the goals.
 - a. Ask students to name some goals they have for the short-term and goals they have for when they grow up. Give examples of goals to help them get started:

Get dressed myself.
Eat healthy snacks
Help clean my room
Be a good friend
Brush my teeth everyday

Be a firefighter when I grow up
Be a doctor when I grow up
Be a bus driver when I grow up

- b. Tell students that it sometimes takes a long time to achieve the goals you have set.
4. Tell students to choose one goal that they have for now or for when they grow up and to draw a picture that shows them achieving their goal.

EXTENSION: Have students write about their goal and how they will achieve it.

5. Have the students present their pictures and explain their goals to the others in the class. Display the pictures in the class or school.

Assessment:

Teachers will assess:

1. Student's understanding of the concept of a goal.