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The Movement for Children's Mental Health

Goal Setting

One of the best ways to start the school year strong and keep yourself focused is to set goals and think about the steps you have to take to accomplish those goals.

Here's where to start!

- Decide what you want to achieve academically, socially or personally.
- Write down the steps you need to reach each of your goals. Aim high but keep it simple so it is achievable for you. This could be "I will try to make a new friend by introducing myself to two people I don't know this week" or "My goal is to study for 20 minutes after I get home from school every day." Get started by using a SMART goals worksheet!
- Think ahead about obstacles that may come up and write down a plan of how you will overcome those obstacles. Think about who can help you achieve your goals, like helpful resources or people in your school.
- Finally, put your goals in a place you will always look at them and be reminded of your plan. For example, a phone note, take a photo of them or a sticky note on your bathroom mirror.

Bonus tip: This is helpful for large assignments too! Notice when the assignment is due and come up with the small daily steps you can take to achieve the assignment on time. Think about the time it will take you to achieve each step and give yourself plenty of time. It's easy to put off starting a big project or studying for a test until the last minute. You'll be much less stressed out if you give yourself more time to work on it.

Related Resources

SMART Goals: <https://www.onoursleeves.org/mental-wellness-tools-guides/healthy-habits/smart-goals-for-kids>

SMART Goals Worksheet (for students to take home, see reproducible handout at end of packet)

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Notice Your Wins

When you play your favorite video game there's always a celebration when you make a big accomplishment – music, flashy lights, and a “great job!” message.

When you sink a three pointer, score a touchdown or you spike on the other team, there's the cheer of the crowd roaring behind you.

But when you get through the day without having a meltdown, you've just made a snack for your sibling, or finally finished that annoying math problem... none of that happens.

This is why it's important to pause daily and take time to notice your wins:

- Take some time today and write down 3 things you accomplished. You can use a piece of paper, a journal, or a phone app. Make a habit of this and you'll find that your brain loves the reward!
- You can also track gratitude with a journal. Include three things you are grateful for each day. This will help you see what is going well and keep a positive outlook.

Related Resources

Gratitude: <https://www.onoursleeves.org/mental-wellness-tools-guides/helping-kids-stay-positive/gratitude-in-kids>

Growing Our Gratitude Guide (for students to take home, see reproducible handout at end of packet)

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Routines and Calendar

Daily habits and routines help us stay motivated and get our daily goals done. Try and do the same things around the same time every day, as this helps train our brains to focus. Create a calendar and daily schedule that includes time for:

- Homework and studying
- Friends and family
- Chores or work
- Fun or creative activities
- Relaxation time
- Sleep

Ask for Help

When you're feeling overwhelmed, reach out and ask for help from teachers, family members and friends. You may need to give them specifics about what is bothering you or what kind of help you would like (for example, do you need help with a certain school project? Do you want advice on making friends?).

Remember that there are all kind of people in your life and they may all have different ideas and suggestions. You may choose to talk with your doctor, the school librarian, cousins or even parents of one of your friends.

Not sure who to ask? Go to a trusted adult and work together to come up with a list of people you can talk to when you're having a hard time.

My SMART Goal



Use the prompts to help you think of the specific details of your goal. Fill in the completed goal at the end! Post this somewhere so you can be reminded of your goal.

My Goal is	Questions to Think About	My Answers
<p>Specific</p>	<ul style="list-style-type: none"> • What do I want to accomplish? • What small steps can I take to accomplish this goal? • Where do I have to do the work for this goal? 	
<p>Measurable</p>	<ul style="list-style-type: none"> • How can I make it measurable? • How do I know I am making progress toward my goal? • How do I know when I've accomplished my goal? 	
<p>Attainable</p>	<ul style="list-style-type: none"> • What do I need to do to achieve the goal? • Do I need help from others? • Are there known obstacles or requirements I have to keep in mind? 	
<p>Relevant</p>	<ul style="list-style-type: none"> • Why do I want to accomplish that goal? • Why is this goal important to me? 	
<p>Timely</p>	<ul style="list-style-type: none"> • When do I want to achieve it by? 	

My SMART Goal is: _____

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What I'm Thankful For

What makes me happy:

What I'm thankful for:

1.

2.

3.

I am thankful for these people because:

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Giving Thanks

Write what you are thankful for each day and share with your family members.

Today I am thankful for...

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

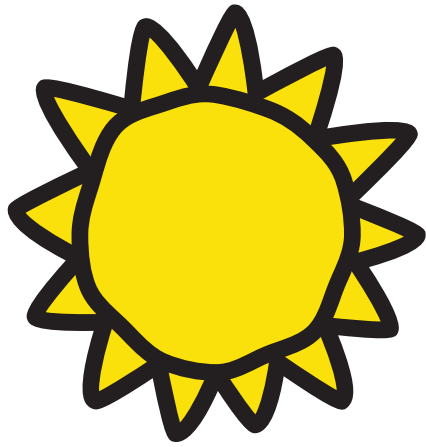
Friday: _____

Saturday: _____

Sunday: _____

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You light up my life!
I'm thankful for you!

To: _____

From: _____

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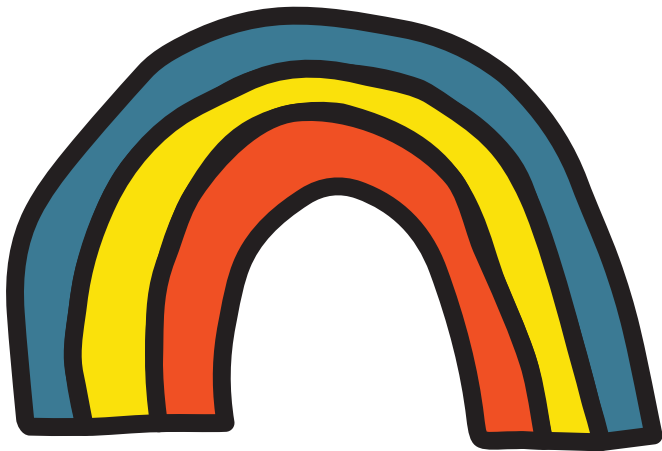
My heart is full because of you!
I am thankful for you!

To: _____

From: _____

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I'm thankful for you!
Here's a virtual hug!

To: _____

From: _____

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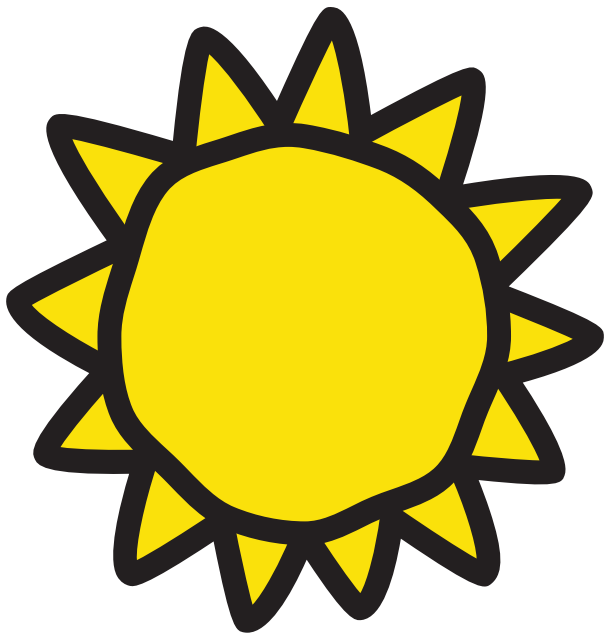
Just because we can't be together
doesn't mean I'm not thinking of you!
I'm thankful for you!

To: _____

From: _____

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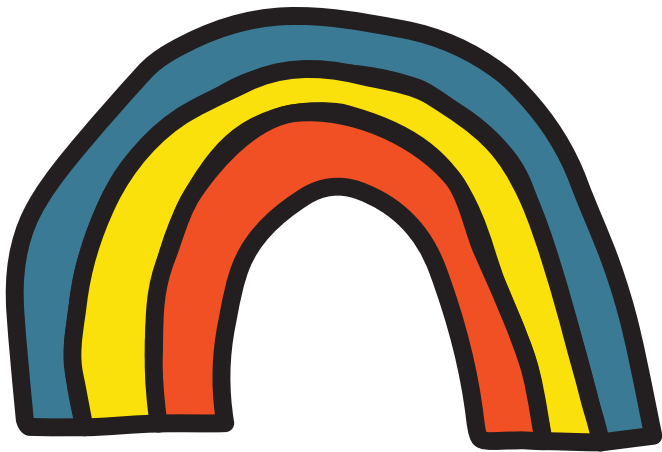
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