

CHANGING HABITS

ASCA Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

PS:A1 Acquire Self-knowledge

PS:A1.1 Develop positive attitudes toward self as a unique and worthy person

PS:A1.2 Identify values, attitudes and beliefs

PS:A1.3 Learn the goal-setting process

PS:A1.4 Understand change is a part of growth

ASCA Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

PS:B1.2 Understand consequences of decisions and choices

PS:B1.3 Identify alternative solutions to a problem

PS:B1.4 Develop effective coping skills for dealing with problems

PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions

PS:B1.9 Identify long- and short-term goals

PS:B1.10 Identify alternative ways of achieving goals

PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills

PS:B1.12 Develop an action plan to set and achieve realistic goals

PA Physical Education and Health Standard - 10.1.12.B

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

PA Physical Education and Health Standard - 10.2.12.D

Examine and apply a decision-making process to the development of short and long-term health goals.

Objective: The students will identify healthy goals and develop a plan to achieve those goals.

Materials: Writing utensil and Goal Setting worksheet

Procedure:

1. Watch WVIA's *Mind Over Matter* "Changing Habits" video.
2. Ask: Have you ever set a goal? Ask students to share (accept a variety of answers).
3. Today we are going to set a healthy goal for ourselves. Give examples:
 - a. Eat more fruits and vegetables.
 - b. Exercise 30 minutes a day
 - c. Meditate once a day
 - d. Go to bed at 8:30 pm
 - e. Brush my teeth twice a day

- f. Drink at least 8 glasses of water
- 4. Using the worksheet, have students set a healthy goal, come up with a plan for achieving that goal.
- 5. Ask students to share if they wish.



Goal Setting

Name: _____

My healthy goal is:

How I plan on achieving my goal:

How will I know if I achieved my goal:
