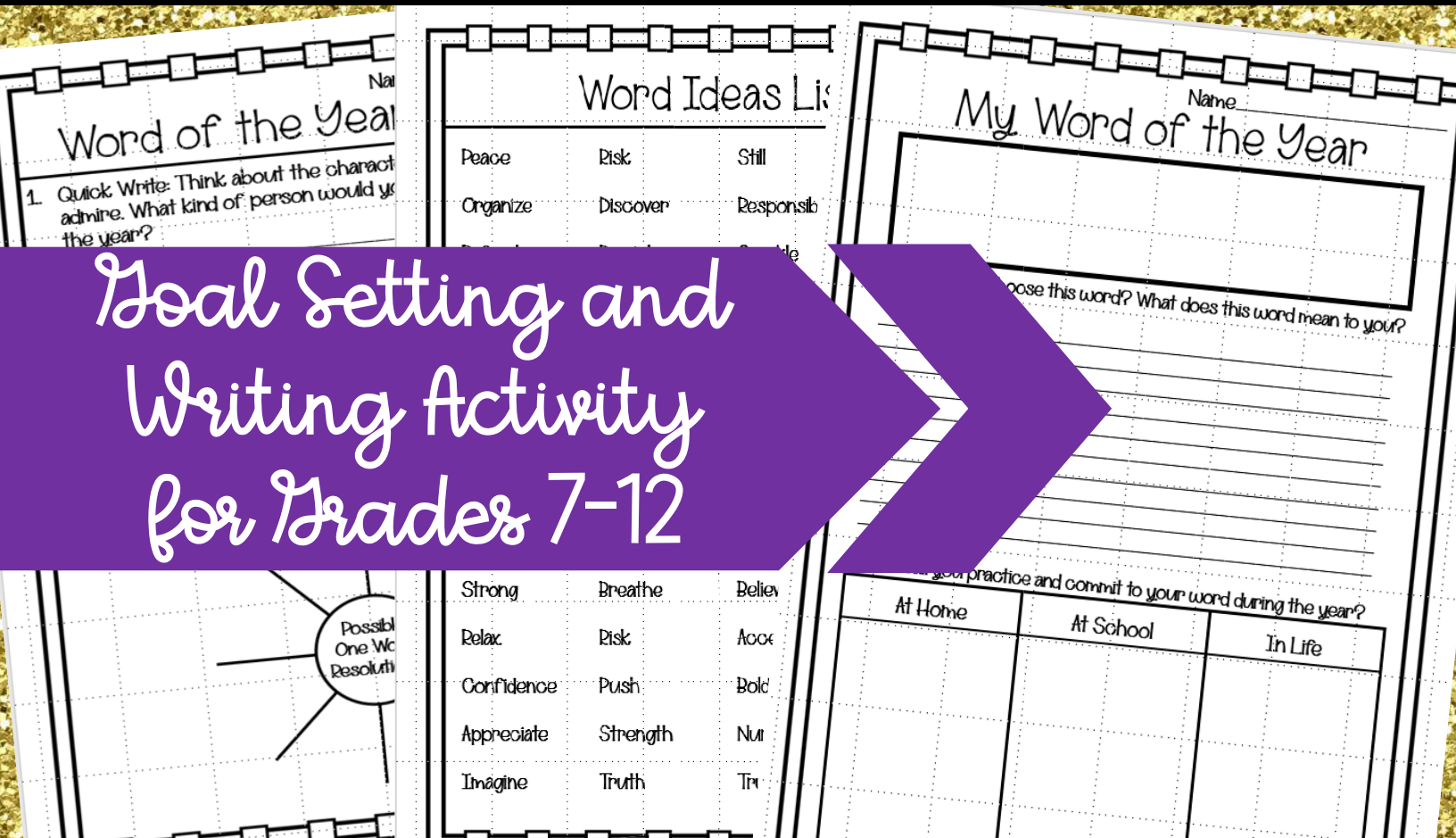


New Year's One Word Resolutions



Goal Setting and
Writing Activity
for Grades 7-12

Print and Go Resource

Teacher Tips to Rock Your Classroom

1. Engage the students by sharing this video about choosing “One Word” to focus on each year:
<https://youtu.be/CShvhZ7D0fg>
2. Pass out the “Word of the Year Planning” worksheet. Give students 5 minutes to complete the Quick Write and pair-share with a classmate.
3. After the students complete the sharing of their Quick Write, pass out the “Word Ideas List” for them to look at.
4. Have the students complete the Word Web with words from the “Word Ideas List” or using other words that they can think up.
5. The students need to narrow down their choices and circle one word that they can commit to focusing on for the year.
6. Have them complete the “My Word of the Year” worksheet.
7. Extensions: Using Google Drawings, Canva.com, or Power Point, have students make a logo poster for their word. Hang the logo posters up for all to see.

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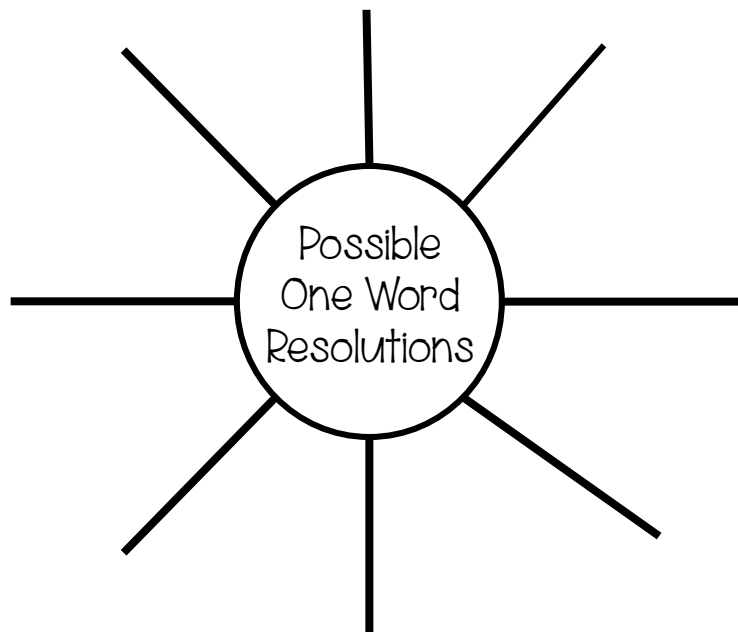


Name _____

Word of the Year Planning

1. Quick Write: Think about the characteristics of people you admire. What kind of person would you like to be by the end of the year?

2. Word Web: Take a look at the list of word ideas. Do any stand out to you? Brainstorm words that you might want focus on for the year. Choose one and circle it.



Word Ideas List

Peace	Risk	Still	Shine
Organize	Discover	Responsibility	Quiet
Refresh	Persistence	Sparkle	Purge
Hopeful	Learn	Mindful	Motivated
Brave	Change	Love	Patience
Silence	Focus	Gratitude	Seek
Determined	Listen	Fun	Play
Listen	Celebrate	Explore	Think
Joy	Commit	Create	Mindful
Strong	Breathe	Believe	Kindness
Relax	Risk	Accept	Healthy
Confidence	Push	Bold	Focus
Appreciate	Strength	Nurture	See
Imagine	Truth	Trust	Enjoy

Name _____

My Word of the Year

Why did you choose this word? What does this word mean to you?

How will you practice and commit to your word during the year?

At Home	At School	In Life