

The Best Me Today

WRITTEN

To encourage students to set a positive goal for the day and work towards being the best version of themselves through thoughtful reflection and action.



Learning Intentions

I can set a positive goal for myself:

This encourages students to focus on a specific, positive action they can take to improve their day and be the best version of themselves.



I can reflect on the impact of achieving my goal:

This helps students think about how achieving their goal will make them feel and the positive effects it will have on their day.

I can take action to achieve my goal:

This fosters responsibility and ownership, encouraging students to take steps toward their goals and practice self-discipline.



Success Criteria

I can identify one goal I want to achieve today to be the best me:

This ensures students reflect on what they want to improve or focus on, helping them make positive decisions for the day.

I can clearly explain how I will feel after achieving my goal:

This helps students understand the emotional rewards of setting and accomplishing goals.

I can take action towards my goal throughout the day:

This focuses on the process of achieving the goal, not just the end result, encouraging persistence and self-motivation.



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Objective:

To encourage students to set a positive goal for the day and work towards being the best version of themselves through thoughtful reflection and action.

Players:

Perfect for small groups, classrooms, or individual reflection.

Materials:

- Paper
- Crayons, markers, or pens

Setup:

- Provide each child with a piece of paper and access to crayons, markers, or pens to write
- and draw their goal for the day.

Activity:

1. Write Down a Goal for Today:

Have students think about one thing they can do today to be the best version of themselves. It could be anything from helping a friend, being kind, trying their best in school, or practicing patience.

2. Reflect on How It Will Feel:

After writing down their goal, students will reflect on how they will feel at the end of the day once they have accomplished their goal. Encourage them to draw a picture that represents how they will feel.

3. Set Intentions for the Day:

Encourage students to take action towards their goal throughout the day. They can keep their goal in mind and remind themselves of it whenever they need a little extra motivation.

Reflection Prompt:

- How will you feel at the end of the day when you accomplish this goal?
- What steps can you take today to make sure you achieve your goal?
- Why is it important to try to be the best version of yourself?



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Winning the Game:

There is no winner in this activity. The goal is to reflect on the positive actions that can be taken each day, helping students focus on personal growth and self-improvement.

Family or Classroom Variation:

In a group, students can share their goals with each other and encourage one another throughout the day. You can have a "Goal Reflection" time at the end of the day where everyone shares how they accomplished their goal and how they felt.

Additional Notes:

The Best Me *Today* encourages students to set achievable goals that focus on personal growth and kindness. This activity not only helps students practice setting goals but also fosters self-awareness and emotional reflection. By thinking about the impact of their actions, students can develop a stronger sense of motivation and pride in their ability to improve each day.