

SMART Goal Culmination Lesson

Purpose:

To culminate the HC semester in a reflective and celebratory way. Consider bringing healthy snacks to share with the class.

Alignment:

National Health Education Standards (NHES)

1.12.7 Compare and contrast the benefits of and barriers to practicing healthy behaviors

All Dietary and HealthCorps Guidelines

You Will Learn: Reflect on the year by going over the importance and value of goal setting.

Key Terms:

- Benefit: an advantage or profit gained from something.
- Obstacle: something that blocks or prevents you from getting what you want or need.

Bell to Bell:

1. Do Now
2. Activity: SMART Goal Bingo
3. Exit ticket: Reflection Worksheet

Do Now:

Do Now: Each student is given two post-its (ideally two different colors: such as yellow and green). Students will be asked to write down the answer to the following questions on the corresponding post-it (students are welcome to complete multiple post-its):

- Post-it 1 (yellow): What obstacles did you face trying to complete your SMART goal?
- Post-it 2 (green): What benefits did you see when you stuck to your SMART goal?

Facilitation: When the students are done writing the post-its, either:

- Put the post-its in a bag and have students or facilitator read them aloud. Discuss as a class.
- Have two flip chart sheets labeled with each question on either side of the room and have students put their post-it on the sheet. Go over each sheet as a class

Activity: SMART Goal Bingo

Students must answer a question out of a bag to gain a bingo token, first student to reach bingo wins a prize.

Questions (students should replace question back into bag after answering):

1. Would you make a SMART goal again?
2. Would you suggest making a SMART goal to a friend?
3. Did you share your SMART goal to your family?

4. Did you share your SMART goal to your friends?
5. Did you complete your SMART goal?
6. Did you find the SMART goal tools helpful?
7. Do you feel healthier?
8. What could you have done differently to have better success on your SMART Goal?
9. What did you do that you felt helped you succeed in your SMART Goal?

Exit Ticket:

Hand out Reflection Review Sheet to each student and collect on their way out the door.

After Class:

- Log all Obstacles and Benefits reported during Post-It exercise as well as any interesting or trending responses during SMART Goal Bingo in an email to Jean.
- Collect Reflection Review Sheets and mail to Jean at HQ.

Reflection Worksheet

How successful were you in accomplishing your SMART Goal?

1	2	3	4	5
(not successful at all)			(very successful)	

Would you set a SMART Goal again?

Yes No

Feel free to share why or why not?

Would you encourage family or friends to set a SMART Goal?

Yes No

Feel free to share why or why not?

Did you notice any changes in your life (good or bad) caused by working on your SMART Goal?

Yes No

Feel free to comment:
