

# **COURAGEOUS CLASSROOMS**

## **SKILL OF THE WEEK**



*A trauma-informed social-emotional curriculum  
to promote childhood resiliency*

**ADDITIONAL LESSONS**  
**LESSON 5.2 – New Year’s Resolutions**

# Courageous Classrooms

## Skill of the Week

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### New Year's Resolutions

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Welcome back and happy New Year! I hope everyone had a good break. This week we will focus on **New Year's Resolutions**.

Students will learn the following:

- A resolution is setting a goal or a “change that YOU can make in YOU”.
- Students will make predictions about their future and will identify a possible job they might like to have. They will brainstorm steps to reach this goal in the future and they will learn that there are many skills that can be practiced now that will help in the future.
- Each student will identify his/her own goal using the statement “I am working on ...”. This individual goal will be the student's skill of the week.

When you see students this week, please ask them what they are working on. Please provide reinforcement and appreciation when you notice students working on their goals.

Teacher Tips:

- Reinforce the idea that everyone is working on something. Let students know your own New Year's resolution or goal (eating healthy, exercising, being more organized, etc.).
- Ask students what goal they are working on for the week and ask about their dream job for the future. Make a connection between their positive choices and their ability to be successful with their dream job.
- Reinforce students for setting goals and making positive steps towards achieving that goal. Let them know it's also OK to make mistakes and that it can take a long time to achieve a goal.
- Please remember that returning to school after a break often comes with academic and behavioral regression. Use this week to positively reinforce all positive behaviors/choices. Any positive choice can fit into this skill of the week lesson.

# Courageous Classrooms

## Skill of the Week

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### New Year's Resolutions

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Lesson Focus: Our skill of the week is setting **New Year's resolutions**.

Students learned and practiced the following:

- A resolution is a setting a goal or a “change that YOU can make in YOU”.
- Students made predictions about their future and identified a possible job they might like to have. They brainstormed steps to reach this goal in the future and they learned that there are many skills that can be practiced now that will help in the future.
- Each student then identified his/her own goal using the statement “I am working on...”. This individual goal is the student’s skill for the week (see poster with space to brainstorm how to work on the goal at home).

Suggestions for home:

- Reinforce the idea that everyone is working on something. Let your child know about your own New Year’s resolution or goal (eating healthy, exercising, being more organized, etc.).
- When helping your child with goal setting, help them to focus on something they are in control of (their own behaviors, actions, choices, etc.). Some examples include:
  - Using kind words with friends
  - Being a good sport
  - Listening and following directions
- Reinforce your child for setting goals and making positive steps towards achieving that goal. Let them know it’s also OK to make mistakes and that it can take a long time to achieve a goal.

# MY RESOLUTION

**I am working on:**

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**These are some ways  
I can work on this at home:**

**1.** \_\_\_\_\_

**2.** \_\_\_\_\_

**3.** \_\_\_\_\_

Name \_\_\_\_\_



This is a picture of me as an adult doing my dream job.

These are some steps that I can take to practice now:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Name: \_\_\_\_\_

**I AM WORKING ON**

\_\_\_\_\_

Name: \_\_\_\_\_

**I AM WORKING ON**

\_\_\_\_\_

Name: \_\_\_\_\_

**I AM WORKING ON**

\_\_\_\_\_

Name: \_\_\_\_\_

**I AM WORKING ON**

\_\_\_\_\_