




BEGINNINGS



The start of a school year is a good time to set goals...



PERSONAL GOALS

Ask each student to write down a personal goal to achieve between Oct and Jan. Tape these goals to the top of students' desks as a visual reminder.

LETTER TO SELF

Ask each student to write a letter to him/herself describing a personal goal. Mail these letters to students at the end of the school year.

BURNING BOWL CEREMONY

Ask each student to write on a piece of paper something they believe they cannot do or feel inadequate about. Light a corner of the paper and drop it in a bowl of water. (This is for older students.)

INSPIRE

Post one of the quotes attached each week. Have a discussion about what it means to each student.

STONE SOUP

Read "Stone Soup" to your students. Explain that each of them contributes to making their class and school a more peaceful place.

PLAN BIG

Encourage your students to think about ways in which they can act collectively to improve their school, community and world. Put one of these plans into action.

