

L.O To reflect on and celebrate achievements and to set high aspirations and goals.



A New Year, what exciting things might  
happen this year

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At the start of a new year,  
what do people often do?

Tuesday 5th January 2021

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*What is a resolution?*

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Look at the powerpoint.

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You can create resolutions in different areas of your life for example:

*One sort of resolution has to do only with yourself.*

*You might decide to read more often, to stop eating too many sweets, to exercise more, or to watch less television.*

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*Other resolutions might involve family or friends.*

*You could resolve to be more patient with your little brother, to be more helpful*

*to your Mum, or not to get into arguments with your friends.*

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*Some resolutions are about school:*

*Such as getting to class on time or trying to do homework the day you get it.*

*If you manage to keep these promises, it will make you feel better about yourself.*

*Your promises to yourself should not be too hard to keep*

## L.O To reflect on and celebrate achievements and to set high aspirations and goals.

Before we think of a New Year's Resolution, let's check our Starlings that you wrote on earlier this year.

Now think of a New Year's Resolution that you would like to achieve in school.

Identify what you will need to do to achieve it  
Identify what resources or support from others you might need.



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I want to be able to run for 15 mins.

For example you might decide :

Practice regularly.

Start by walking and then running

Find a person to run with join a running club.

What do I want to achieve?

What must I do to achieve it?

What support would help me achieve it?

## Challenge Me

Write a resolution that is

S mart

Measurable

Achievable

Realistic

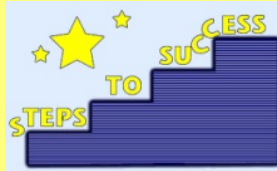
Timebound

and includes any resources  
required.

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## Your Task:

To identify and write a New Year's Resolution for yourself in school.



To be successful you need to:

Select a challenging but achievable resolution

Write clearly and specifically what you want to achieve

Identify what you must do

Identify any support you will need

Write it on the template for display.

## Feeling Confident

Write your objective clearly and be specific  
Identify what you must do to achieve it and any support or help you require.

## More Practice

Write your objective clearly and be specific  
Identify what you must do to achieve it,

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