

## Happy New Year! Have you made a New Year's Resolution?

At Horace Mann Elementary, we continuously help students make academic and behavior goals. You can do the same thing at home. The following was taken from an article by Big Life Journal. For more great ideas about increasing resilience in children sign up for their newsletter at <https://biglifejournal.com>.

“Goal-setting is something even adults can struggle with: studies say that only about 8% of people achieve their New Year's resolutions! So how can you teach children to set realistic goals—and actually follow through? Make it fun! Research shows that children learn best when they're playing and enjoying themselves at the same time. Fun experiences increase levels of endorphins, dopamine, and oxygen, all of which promote learning.

### Three Stars and a Wish Here's what to do:

--First, your child comes up with **3 “Stars,”** or things she *already does well*. This can be anything from running fast to solving math problems to comforting her friends when they're feeling sad. --Talk to your child about HOW she became so good at these “Stars.” Did she have to practice? Did it take her time to learn? Or did she magically acquire these skills overnight?



--Next, have your child come up with a **“Wish.”** The “Wish” is something that your child needs or wants to work on (a *goal*). --Ask your child WHAT she can do to help make her come true. Explain to her that this isn't chance; it's choice. She can *choose* to take steps will lead to the fulfillment of her wish. --If the goal is a big one, help her break it into simple pieces. What are some small steps she can take now to achieve her long-term goals in the future? Your child will learn to set goals, think critically, and plan ahead. She'll also develop the understanding that what she does now and throughout her life *does now and throughout her life does matter and can positively impact her future*.



wish that

### Vision Board

Here's what to do:

--Take out some old magazines and ask your child to cut out pictures that represent her hopes and dreams. If your child has something specific she wants to include that she can't find, you can print pictures from the Internet. --Your child will then paste these pictures onto a piece of poster board. She can also decorate with colors, glitter, feathers, etc. --When it's finished, hang the vision board somewhere in your child's bedroom, where she will frequently be reminded of her aspirations. Making the vision board helps your child think through her goals, and it also serves as a powerful visual reminder of everything she would like to achieve. Revisit the idea of the vision board often. Ask your child what different pictures represent and how she plans to achieve her various dreams.”

Best Wishes for a New Year, Mrs. Roxie