

All About...

Goal-Setting:

Integrating balanced  
literacy and health



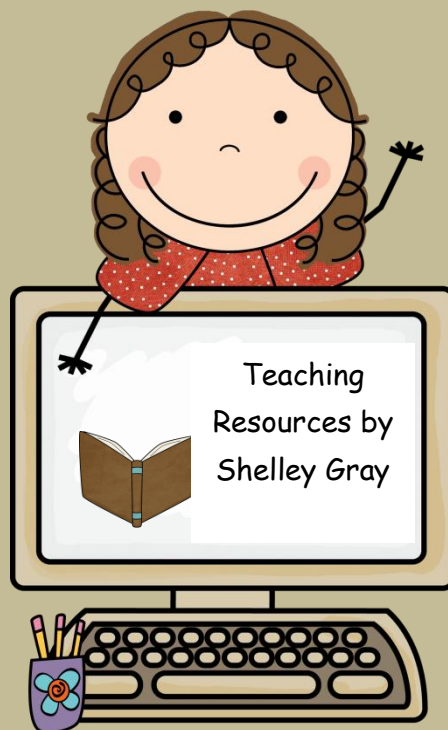
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## About this Resource

This resource has been developed to integrate balanced literacy with the health education topic of "goal-setting." Goal-setting can be related to multiple subject areas, therefore achieving standards/outcomes from a variety of curricular areas at one time.

### Included in this mini-unit:

- An original, full-color shared reading selection called "All About Goal Setting." In this story students are introduced to the concept of goal setting while reading about Nathan, a third grader who is working toward his goal of becoming a better reader. Readers will be engaged as they connect the story to their own prior knowledge and personal goals.
- A cut-and-paste sorting activity intended to teach students how to distinguish wishes from goals.
- A goal-setting portfolio piece. Students will first do a 'goal brainstorm' using a graphic organizer. They will then choose one goal and write a plan for how they will work towards it. The plan coincides with the process that students read in the shared reading selection. Finally, students will reflect on the goal.
- A Venn diagram where students will sort between long-term and short-term goals.
- A making words activity. Students will follow directions to make various words with the "oa" vowel digraph as in "goal."

Enjoy!