



SAY IT

STEP ONE: Show The Big Idea Video

https://www.youtube.com/watch?v=_keMHLzJTeo&list=PLVXqh1woV2T0aSNcA0-VdpGVMLC_ajt87&index=37

STEP TWO: Talk about the Big Idea

- Have you ever wanted to quit something because it was too hard? What happened?
- How do you stick with it even when you want to give up?
- What goal do you have right now that you are working toward?

STEP THREE: Write about the Big Idea

- Describe a time you finished something that was really hard.

STEP FOUR: Activate the Big Idea in Your Life

SEL COMPETENCIES: GOAL SETTING

SUPPLIES NEEDED: Black and white paper, markers

ACTIVITY: Use black and white paper to make a checkerboard finish line. Use other pieces of paper to make a countdown to the end of something (the school year, the week, the month, etc.) with one day on each page. Each afternoon, take one number down from the race to the finish.

YOU SAY: "Sometimes seeing how close you are to the end helps you stay determined to finish strong. We only have this many days left, so let's be determined to do our best each and every day until then."