

# School Times Songs

Grade Level: K – 5

Content Areas: Language Arts, Music, Art and Technology

Time Frame: 60 minutes

## MATERIALS

*School Times Songs* books

Small ball

Open Space for Class to Stand Up in A Circle

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## OBJECTIVES

Students will:

- List benefits of goal-setting
- Describe steps in a goal setting process
- Practice all the steps of the goal-setting process
- Have an opportunity to observe how goal setting can improve performance and self-confidence

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## VOCABULARY:

### Key vocabulary

Before reading, focus on vocabulary. Read the glossary words and their definitions.

**Etiquette**- The rules governing the proper way to behave or to do something

**Goal** - Something that you are trying to do or achieve

**Plan** - A method or scheme of acting, doing, or arranging

**Monitor** - To watch or check for a special reason

**Achieve** - To become successful

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## FREE SONG

[Click here](#) to download or stream the School Times Songs songs.

Find other Cantata Learning songs and books at <http://www.cantatalearning.com>.

## PROCEDURES/ACTIVITIES

### Preparation:

This is a great lesson plan to complete at the beginning of the school year in order to let students and the class as a whole set goals.

Start by having students get into a circle and take a seat on the ground. Begin the lesson by asking each student to find one feeling word to describe how they feel today.

Demonstrate: Call the name of a student and throw the ball to that person. As the student receives the ball, they say how they feel. They then choose another person, speak their name, and throw the ball to them. The ball will be passed around the class until everyone has had their name called, received the ball and said how they feel.

### Lesson Procedure:

1. Explain that today's lesson will focus on the goal-setting process and the benefits of using goal setting. Ask students what they think the definition of goal is.
2. Read *School Times Songs* books to students to help them to get a better understanding of proper school etiquette. Ask students while you are reading and listening to the song to have them think about goals they would like to set for the year.
3. Present the steps of the goal-setting process. The first step is setting a goal. The second step is looking at options to meet the goal. The third step is establishing a plan. The fourth step is thinking about rewards for reaching the goal. The fifth step is monitoring progress toward the goal. The last step is evaluating progress, which may result in adjusting the goal or the plan or both.
4. Now let's practice the process of goal setting. Explain that the goal is to pass the ball around to everyone in a certain number of minutes. Tell students the activity will only require that every student in the class touch the ball. The students' job will be to work together as a team to accomplish the class goal of having everyone touch the ball. Have students work together to set a class goal.
5. Now the class needs to consider options for reaching the goal. Have students brainstorm options as they work toward a plan. Have them consider how they can reduce the time it takes to have everyone touch the ball. Help them pick a plan to try first.
6. Have students process after each attempt to set a goal, make a plan, and try out the plan/improve the time. Ask students how it feels to set a difficult goal and then reach it.
7. After students have set and reach a goal and you do the processing, ask them if they feel good about reaching their goal.
8. The class may set several goals and try out numerous ideas on their way to getting the job done in the least amount of time possible.
9. Tell students they used critical thinking and problem-solving skills to develop a plan and meet their goals.
10. Have students go back to their desks and write five goals they would like to achieve over the school year. Have students go through the process of goal setting with each goal they would like to achieve.
11. Have students share their goals with the class and then have students put their goals somewhere where they can see them every day in order to be reminded of what they are wanting to achieve over the school year.

### **Technology Extension:**

Have students use [Canva](#) to create digital posters. Photographs and illustrations can be added as well.

Students can use an app such as [Tellagami](#), to create a digital talking avatar, or [Haiku Deck](#), to create a beautifully illustrated slide deck.

These technology projects could be shared with classmates and others within the school.

### **Music and Art Extension:**

For a music and art extension, the students can set these goals to a song they will share with classmates. This could be turned into a class goal song...one they create at the beginning of the year and it follows them throughout that school year. This song can be something that is shared and sung throughout the year to remind them of the goals they set.

They could use [Musiquet](#) to create and share their music.

The students can also create posters or murals of their goals for the year. These could be combined as a class or one could be set for the entire classroom or library. They can beautifully decorate these posters.

### **Standards:**

CCSS.ELA-LITERACY.L.K.1 - Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

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CCSS.ELA-LITERACY.L.5.1 - Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

### **Language Extension:**

This writing project ties perfectly into language arts. To extend this lesson, have the students go into more depth and editing with their five written goals. These are going to be with them for the year, so they need to be top notch. The students can revisit these as well throughout the year.