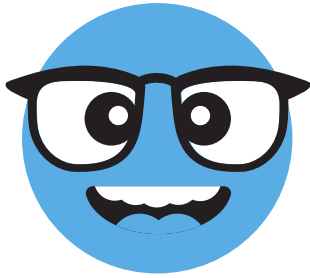


Go Be Great!



NAME _____

SCHOOL _____

GRADE _____

Your personal empowerment story.
Choose how to share your greatness!

EMPOWERMENT

/noun/ the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

STUDENTS HAVE THE RIGHT TO...

- live optimistically.
- act on positive motivation.
- live with respect for self and others.
- communicate with a unique voice.
- make choices about how to share their greatness.



**THIS IS
YOUR STORY**

Go Be Great!

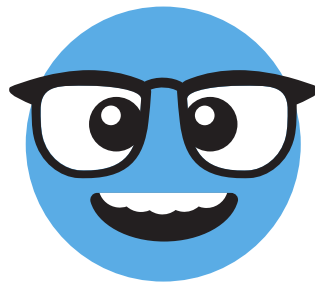
“Reach high, for the stars lie hidden in your soul.” – Langston Hughes

What is an empowerment journal?

This journal is your guide to unlocking greatness. Within every living thing there is greatness, and every example of greatness is unique.

On the pages of this journal, you will learn about the gifts that you bring with you each and every day. You will build the confidence and skills that you will use to unlock your greatness.

This work won't be easy.



Clue ideas:
Look for me to
give you clues
and hints.

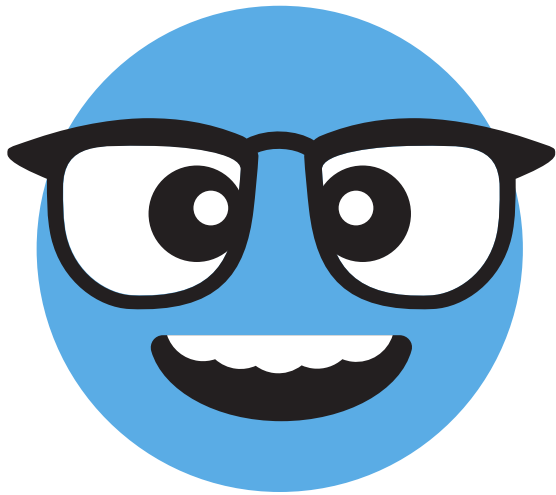
You won't have all of the answers — and that's okay. It's okay to make mistakes — that's how you learn and grow. It's okay to be afraid — that's how you show your courage.

Every emotion has a purpose, and every mistake has a lesson.

It's time to unlock *your* greatness. *GO BE GREAT!*

Unlock your greatness!

Weeks 1–5 Wellness Log: Physical Activity & Nutrition



Track your wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. That means on most days, and at most meals, you eat a lot of fruits and veggies! They fuel your body for every healthy adventure.

Week 1

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 2

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 3

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 4

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 5

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies



I AM POWERED BY OPTIMISM

Optimism is feeling good about what's going to happen.



When I say, "It's going to be a great day," it's easier for me to see the greatness all around me. Feeling good about working toward a goal is an important part of reaching that goal.



Success Is Powered by Optimism

Here are some optimistic words and phrases that I can choose to say to myself and others:

- I admire how hard you work.
- You have amazing skills.
- I am brave when I need to be.
- You are so creative.
- Excellent! Fantastic!
- I am happy that you are my friend.
- I learned a meaningful lesson from that mistake.



Sometimes bad things will happen that you can't control. Some days it will be really hard to be optimistic. Positive words help to get us back on track. Your positive words will help your friends.

Remember, nothing lasts forever. Bad things come and go. What is always true is this: YOU have greatness that is waiting to be shared with the world.

Monday: Getting to know my emotions (trust).

Take some time to think about ***trust***.

Trust is a good feeling that you get when you can rely on someone. Friends trust each other to be good listeners. We trust bridges that we drive over in cars. We have a good feeling that they will stay strong and sturdy.

Use the box to write ideas about what trust means to you. Think about the why, when, and how of trust.

TRUST		
Why do I feel trust?	When do I feel trust?	How is trust helpful?

Tuesday: In my own words.

- What does trust mean?

Clue ideas:
I know you're there
to help me...



Wednesday: Trust helps me be great.

- What are some things that you can do to help your family and friends trust you?

Clue idea:
I can do the things
that I say I'm going
to do...



Thursday: What is optimism?

> **Optimism** /noun/

Trust and hopefulness that the future will be good.



This emoji is filled with optimism.
Write 3 sentences that tell a story about why the emoji is optimistic.

The emoji is optimistic because...

Friday: Let's build optimism in our school.

- Write down all the positive words you could say to help your teachers and classmates be optimistic.

Clue words:
It's a great day!
Things will work out!



Saturday/Sunday: It's story time.

- Write a very short story about the optimistic emoji.



Monday: Getting to know my emotions (enthusiasm).

Take some time to think about ***enthusiasm***.

Enthusiasm is a good feeling that you get when you are excited about a goal and motivated to work toward that goal. You feel enthusiasm when you're working on a project that you really enjoy. Enthusiasm is a big part of success.

Use the box to write ideas about what enthusiasm means to you. Think about the why, when, and how of enthusiasm.

ENTHUSIASM		
Why do I feel enthusiastic?	When do I feel enthusiasm?	How is enthusiasm helpful?

Tuesday: In my own words.

- What does enthusiasm mean?

Clue ideas:

I'm really excited to try something or do something...



Wednesday: Enthusiasm helps me be great.

- What subject in school are you most enthusiastic about?

Clue idea:

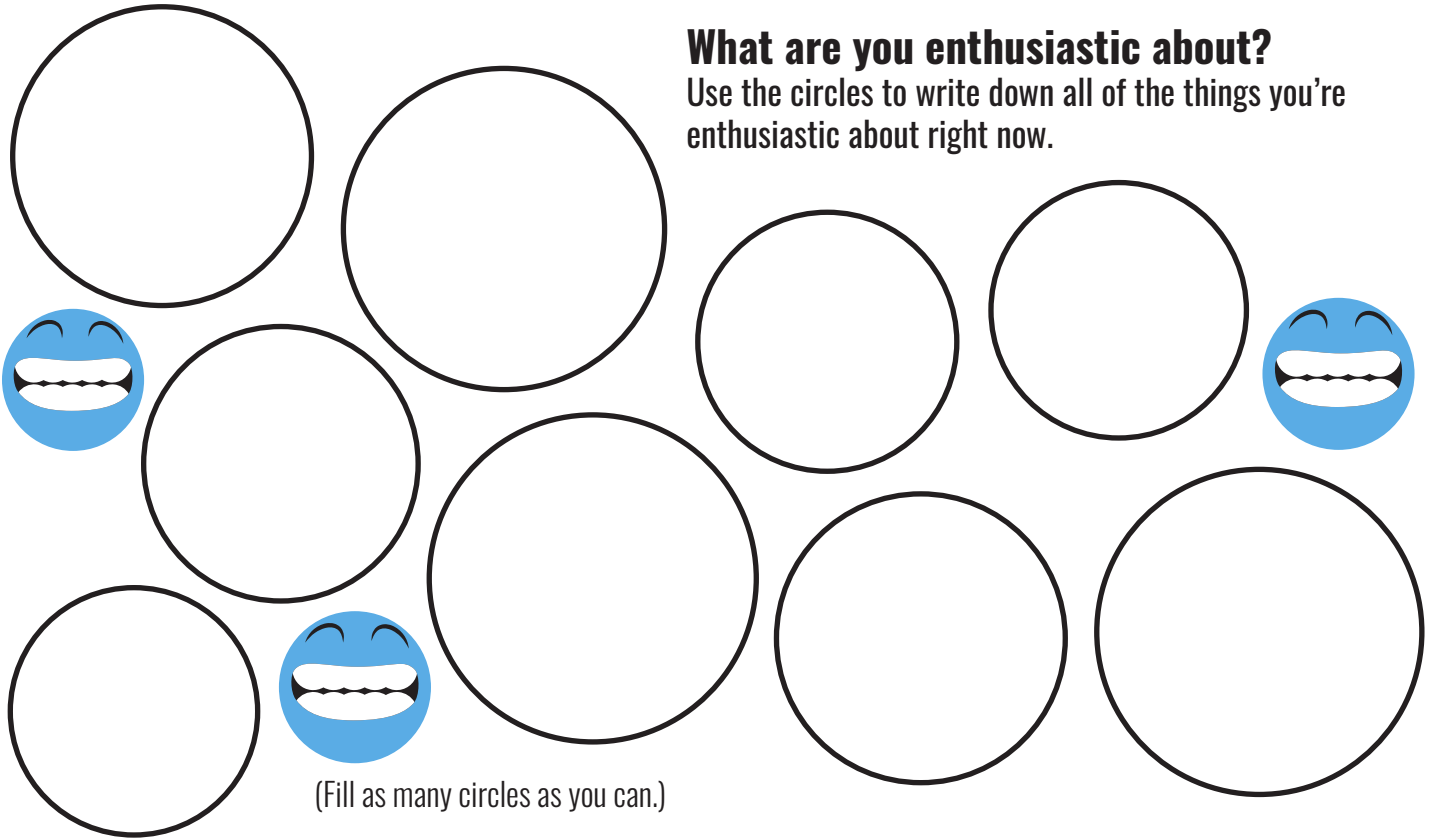
I love physical education! We learn how to move...



Thursday: Know your enthusiasm.

What are you enthusiastic about?

Use the circles to write down all of the things you're enthusiastic about right now.



(Fill as many circles as you can.)

Friday: Let's build enthusiasm in our school.

- How can you teach a friend or family member about enthusiasm?

Clue ideas:
Talk to them, show them, help them...



Saturday/Sunday: It's story time.

- Write a very short story about the enthusiastic emoji.



Monday: Getting to know my emotions (encouragement).

Take some time to think about **encouragement**.

Feeling encouraged is a positive emotion that you get when you believe things are going your way and you want to continue making progress. People can give you encouragement to boost your energy and enthusiasm.

Use the box to write ideas about what encouragement means to you.

Think about the why, when, and how of encouragement.

ENCOURAGEMENT		
Why do I feel encouraged?	When do I feel encouraged?	How is encouragement helpful?

Tuesday: In my own words.

- What does it mean to be encouraging to others?

Clue ideas:

Say nice things that give people energy to work hard...



Wednesday: Let's look at encouragement.

- What does encouragement look like? What does it sound like?

Clue idea:

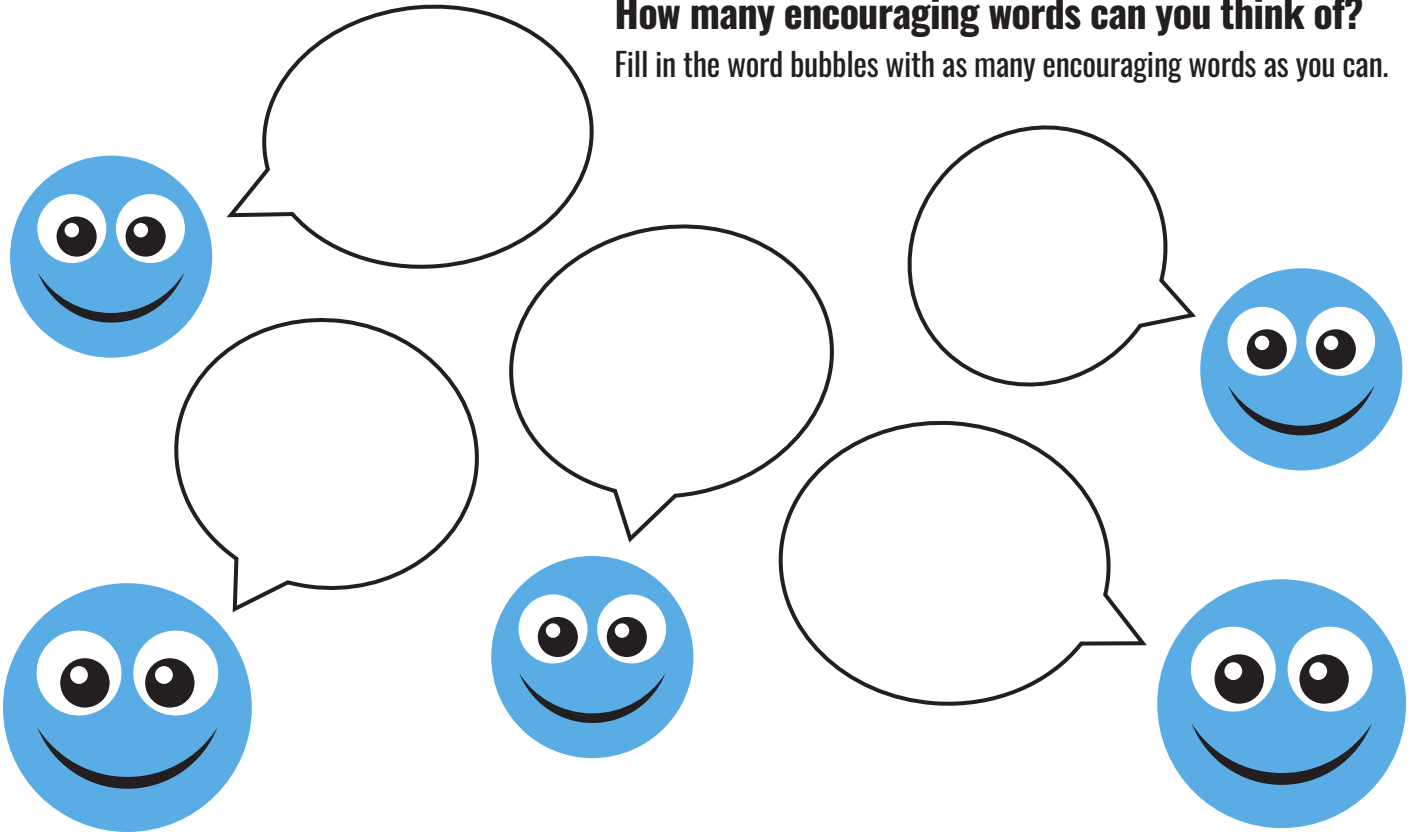
Wow — you're doing a great job...



Thursday: Encouraging words.

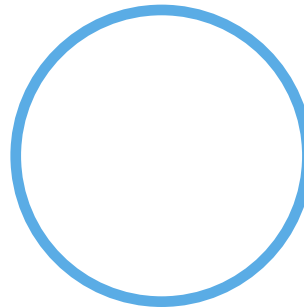
How many encouraging words can you think of?

Fill in the word bubbles with as many encouraging words as you can.



Friday: Emoji greatness!

Think about a person who encourages you to be *great*. Write that person's name and draw an emoji that looks like them.



Emoji's Name

Saturday/Sunday: It's story time.

- Write a very short story about the encouraging emoji.



Monday: Getting to know my emotions (fear).

Take some time to think about **fear**.

We don't think of fear as a positive emotion — but it's meant to keep us safe from danger.

Fear is useful when it tells us to ask for help — but it's not always easy to ask for help.

You feel fear even when you're being brave. Being brave is doing what's right even though you are afraid.

Use the box to write ideas about what fear means to you. Think about the why, when, and how of fear.

FEAR		
Why do I feel fear?	When do I feel fear?	How is fear helpful?

Tuesday: In my own words.

- What does it mean to feel fear?

Clue ideas:
I don't like something
and I'm worried...



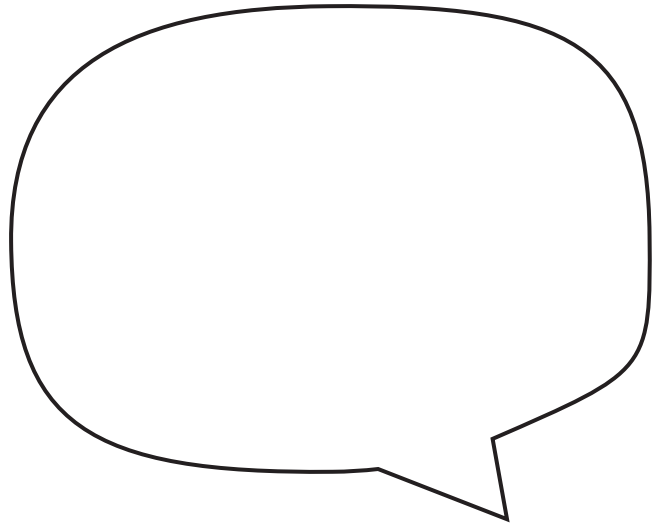
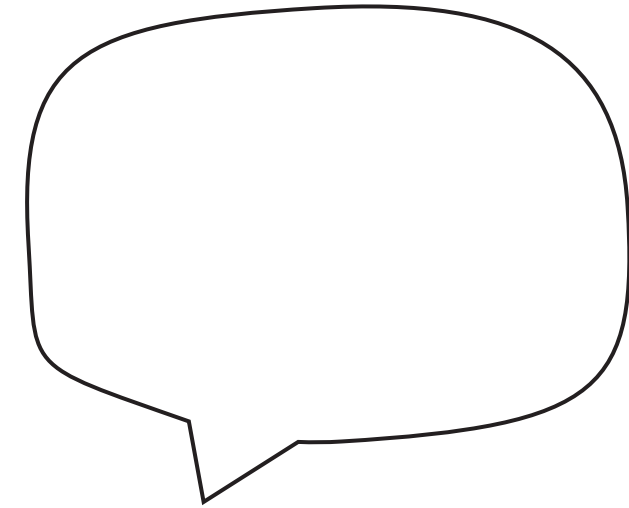
Wednesday: Let's look at fear.

- What does fear look like? What does it sound like?

Clue idea:
I don't feel good
about this...



Thursday: Fear and courage.



Help a friend overcome fear and act with courage!

Use the word bubbles to create a conversation between two friends.

< One friend is afraid.

The other friend wants to help. >



Friday: I am brave!

Finish this sentence:

I am brave when...

Clue ideas:
I am brave when I try
something new...



Saturday/Sunday: It's story time.

- Write a very short story about the emoji who is afraid.



Monday: Getting to know my emotions (motivation).

Take some time to think about ***motivation***.

Motivation is a positive feeling that gives us an energy boost. Encouragement can fuel motivation.

You need motivation to do work that you don't really want to do, like cleaning your room or taking out the trash.

It can be motivating to think about how your work is helping others. Taking out the trash helps your family.

Use the box to write ideas about what motivation means to you. Think about the why, when, and how of motivation.

MOTIVATION		
Why do I feel motivated?	When do I feel motivated?	How is motivation helpful?

Tuesday: In my own words.

- What does motivation mean?

Clue words:
Energize, excite,
move, action...



Wednesday: Let's look at motivation.

- What does motivation look like? What does it sound like?

Clue idea:
I can't wait to get
started...



Thursday: What is motivation?

> **Motivation** /noun/
The desire or willingness to do something.

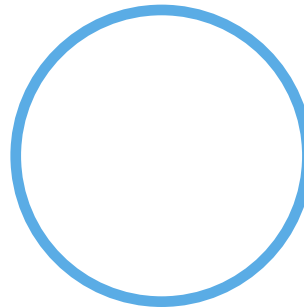


This emoji is filled with motivation.
Write 3 sentences that tell a story about why the emoji is motivated.

The emoji is motivated because...

Friday: Emoji greatness!

Think about a person who helps to motivate you to be *great*.
Write that person's name and draw an emoji that looks like them.



Emoji's Name

Saturday/Sunday: It's story time.

- Write a very short story about the emoji who is motivated.



Weeks 6–10 Wellness Log: Physical Activity & Nutrition



Track your wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. That means on most days, and at most meals, you eat a lot of fruits and veggies! They fuel your body for every healthy adventure.

Week 6

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 7

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 8

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 9

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 10

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies



WORKING TOWARD GREAT GOALS

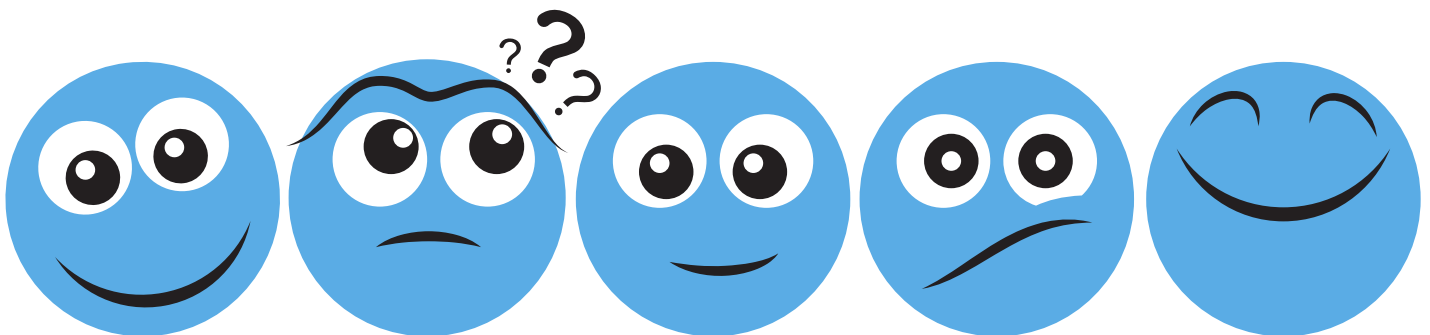
A goal is what you want to do.
It is what you want to learn.



It takes practice to learn how to set and reach goals.

Sometimes, when you're working toward a goal, you'll make a mistake.
That's okay! You can learn from every mistake that you make.

Every time you make a mistake, shake it off, try again,
and then keep trying until you get it right.



“You are a light. You are the light. Never let anyone — any person or any force — dampen, dim, or diminish your light.” – John Lewis

Go Be Great!

Weeks 6–10: GREAT GOAL WORKSHEET

It's time to look at our GREAT goal for weeks 6–10.

The goal on this page already has a name. You will write in all of the other parts to make this goal GREAT!

Every 5 weeks you will work toward a new GREAT goal. **Let's get started!**



Goal's Name

This simple statement tells the world what you want to do.

Reason for Your Goal

How will this goal make your world a better place?

Efforts Required

How are you going to achieve your goal?

Accountability Partner

Who can help you stay on track toward reaching your goal?

Timeline for Your Goal

Today is your starting point. Try to reach your goal by the end of week 10.



Goal's Name:

• I will do all of my schoolwork on time.

Reason for Your Goal:

•

Efforts Required

• To reach my goal, I will...

• My accountability partner is...

GREAT Goal Timeline

Week 6	Week 7	Week 8	Week 9	Finish Line
How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?

QUICK GUIDE TO GREAT GOAL EMOTIONS

What should I do if I feel...



...confused?

Ask a teacher, family member, or friend for help. Sometimes you have to ask a few different people before you can find someone who has the help you need.



...frustrated or sad?

First, remember that you are a really GREAT person. All GREAT people get frustrated and sad. It's part of reaching hard goals. Get up, get moving, (get help if you need it), and don't quit!



...motivated and happy?

Aw yeah, buddy! Keep up the GREAT work! Next, share your positive vibes and encourage others to work hard toward their GREAT goals.

Go Be Great!

Monday: Trust yourself.

To reach a goal, you have to trust yourself to give your best effort.

What will you do this week to show yourself that you are trying your hardest to reach your goal?

(Write your ideas next to the trustworthy emoji.)



Tuesday: In my own words.

- What does effort mean? How is effort related to trust?

Clue ideas:

Give it your all.

People can count on you...



Wednesday: Trust is a must.

- Write the name of 1 person who trusts you. Now, write 3 reasons *why* they can trust you.

Clue idea:

I do what I say I'm going to do...

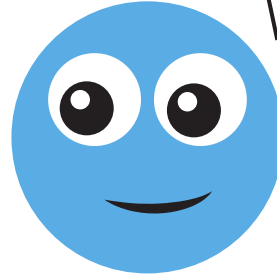


Thursday: Just say you're sorry.

"I made a mistake
and I'm sorry."



"Thank you for saying
you're sorry.
I forgive you."



**Saying sorry helps
people trust you.**

Write 2 reasons why it's important to say that you're sorry when you make a mistake.

Friday: Let's practice forgiving our friends.

- When a friend makes a mistake and then tells you they're sorry, it's important to forgive them. Write some words that you can say to tell them you forgive them.

Clue ideas:

Thank you for being honest.

Everyone makes mistakes.

I forgive you...



Saturday/Sunday: It's story time.

- Write a very short story about the emoji who said sorry, and the other emoji who forgave their friend.



Monday: Showing my emotions (enthusiasm).

How do you show enthusiasm?

Think about the last time you showed enthusiasm.
Write down what it looked like when you let your
enthusiasm free for the world to see it!



Tuesday: In my own words.

- How is positive energy different from negative energy?

Clue words:
Good feelings, happy,
exciting (in a good
way), joyful...



Wednesday: Be positive.

- Write down all the positive words you can think of.

Clue words:
Great, amazing,
outstanding, super,
cool...



Thursday: Self-control and enthusiasm.

***Enthusiasm* is positive energy in action.**

Think about 3 different places where you spend time: the classroom, your home, and outside (playground, park, or yard). Write down good ways to show *enthusiasm* in each of those places.

WAYS TO SHOW ENTHUSIASM		
IN THE CLASSROOM	AT HOME	OUTSIDE

Friday: Jump for joy!

- Write down 5 things in your life that are positive. Next, when it's safe and appropriate, do 1 jumping jack for each thing that you wrote.

Clue ideas:
Friends, family,
school, clubs,
great books...



Saturday/Sunday: It's story time.

- Write a very short story about an emoji who is filled with positive energy.





Monday: We all need a little encouragement.

When people are frustrated or sad, they need a little encouragement.

First, we need to know how to tell when people feel frustrated or sad.

Second, we need to know what to say to give encouragement.

How can you tell when people are frustrated or sad?	What can you say to give people encouragement?
	

Tuesday: In my own words.

- Write (or draw) about a time when you were sad and someone helped you feel better.

Clue ideas:

A friend moved away and a family member made your favorite meal...



Wednesday: Let's practice encouragement.

- Think about someone you know who needs encouragement. Write down something you can say to that person that will give them the encouragement they need.

Clue words:

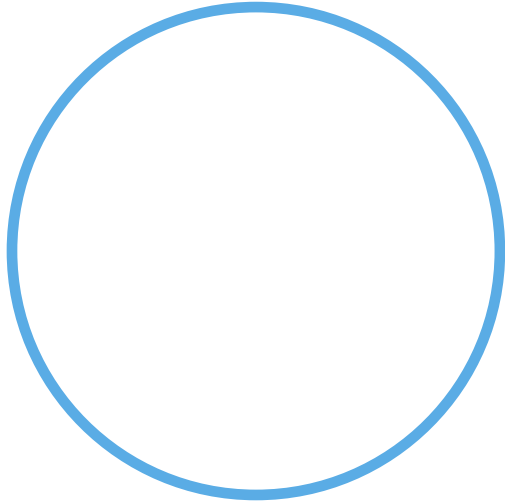
Thank you for being my friend. You're important to me...



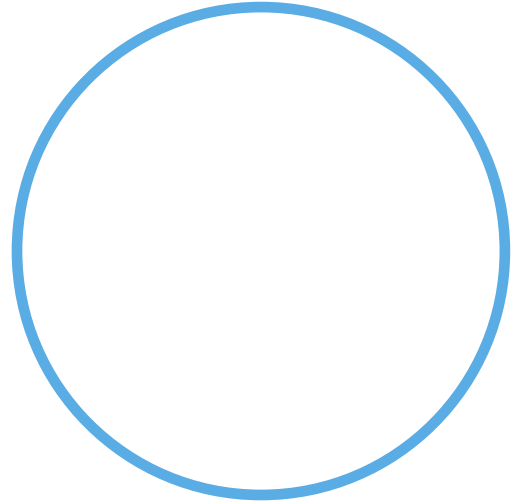
Thursday: Encouragement — before and after.

Draw a picture of a frustrated emoji who needs encouragement.

Then draw a picture of that same emoji after you gave them encouragement.



Before



After

Friday: Repeat after me.

Let's practice writing encouraging words. Write the sentence below word for word.
I can make the world a better place by saying positive things to my classmates.

Saturday/Sunday: It's story time.

- Write a very short story about an emoji who changed the world with encouraging words.



Monday: Showing my emotions (fear).

How do you show fear?

Think about the last time you showed fear.
Write down what it looks like when you feel afraid.



Tuesday: In my life.

- Who is a person you want to be with when you feel fear? Why did you choose that person?

Clue words:
Family and friends
help us feel better
when we're
afraid...



Wednesday: Let's think about courage.

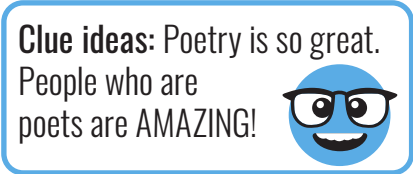

- What does courage look like? What does it sound like?

Clue words:
Doing what's right,
doing good things for
others who
need help...



Thursday: Be brave. Be yourself.

One emoji friend loves to write poetry, but is afraid to enter the school poetry contest! What can the other emoji friend say to help encourage the young poet to be brave and share?



Friday: I am brave!

Let's practice writing brave words. Write the sentence below word for word.
I will be brave and share my greatness with the world.

Saturday/Sunday: It's story time.

- Write a very short story about an emoji who is brave.



Monday: Showing my emotions (motivation).

How do you show motivation?

Think about the last time you showed motivation.
Write down what it looked like when you let your
motivation free for the world to see it!



Tuesday: In my life.

- Who is the most motivated person you know? How do you know that they are motivated?

Clue words:

Motivated people do
work with a positive
attitude...



Wednesday: Let's look at motivation.

- Think about your GREAT goal. Are you motivated to reach your goal? Why or why not?

Clue words:

Are you working
toward your goal
with a positive
attitude?



Thursday: Self-control and motivation.

Motivation is positive energy that makes you move toward your goals.

Think about 3 groups of people you spend time with: your teachers, family, and friends.

Write down good ways to show your *motivation* to each of those groups of people.

WAYS TO SHOW YOUR MOTIVATION		
TEACHERS	FAMILY	FRIENDS

Friday: Jump for joy!

- Write down 5 things in your life that motivate you. Next, when it's safe and appropriate, do 1 jumping jack for each thing that you wrote.

Clue ideas:

Making my family happy,
learning exciting things,
having fun with
friends...



Saturday/Sunday: It's story time.

- Write a very short story about an emoji who reached a goal.



Weeks 11–15 Wellness Log: Physical Activity & Nutrition



Track your wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. That means on most days, and at most meals, you eat a lot of fruits and veggies! They fuel your body for every healthy adventure.

Week 11

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 12

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 13

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 14

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 15

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies



HEAL AND GROW INTO YOUR POTENTIAL

Feelings can get hurt.
But everyone can heal.



Our emotions are there to keep us safe and help us heal.

When skin is broken, it's best to clean it right away, and then keep it clean.

When we feel an emotional cut, clean it by finding support, being grateful, and focusing on positive things!



Heal /verb/

To become healthy again.



“Never be limited by other people’s limited imaginations.”
– Dr. Mae Jemison

Go Be Great!

Weeks 11–15: GREAT GOAL WORKSHEET

It's time to look at our GREAT goal for weeks 11–15.

The goal on this page already has a name. You will write in all of the other parts to make this goal GREAT!

Every 5 weeks you will work toward a new GREAT goal. **Let's get started!**



Goal's Name

This simple statement tells the world what you want to do.

Reason for Your Goal

How will this goal make your world a better place?

Efforts Required

How are you going to achieve your goal?

Accountability Partner

Who can help you stay on track toward reaching your goal?

Timeline for Your Goal

Today is your starting point. Try to reach your goal by the end of week 15.



Goal's Name:

Reason for Your Goal:

- I will pick a new skill to practice for 5 weeks. •

Efforts Required

- To reach my goal, I will...

- My accountability partner is...

GREAT Goal Timeline

Week 11	Week 12	Week 13	Week 14	Finish Line
How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?

QUICK GUIDE TO GREAT GOAL EMOTIONS

What should I do if I feel...



...confused?

Ask a teacher, family member, or friend for help. Sometimes you have to ask a few different people before you can find someone who has the help you need.



...frustrated or sad?

First, remember that you are a really GREAT person. All GREAT people get frustrated and sad. It's part of reaching hard goals. Get up, get moving, (get help if you need it), and don't quit!



...motivated and happy?

Aw yeah, buddy! Keep up the GREAT work! Next, share your positive vibes and encourage others to work hard toward their GREAT goals.

Go Be Great!

Monday: Getting to know my emotions (joy).

Take some time to think about **joy**.

Joy is one of the best feelings we can have. We can feel a lot of joy during a big event, like a birthday. We can also feel small bursts of joy when we eat our favorite foods. Joy is something people want to feel as often as possible.

Use the box to write ideas about what joy means to you. Think about the why, when, and how of joy.

JOY		
Why do I feel joy?	When do I feel joy?	How is joy helpful?

Tuesday: In my own words.

- What does joy mean?

Clue words:
Happy, relaxed, love,
enjoy, friends,
family...



Wednesday: Bring joy to your world.

- What are some things that you can do to bring joy to the people you care about?

Clue words:
Say nice things,
be helpful, show
kindness...



Thursday: What is optimism?

> **Joy** /noun/

A feeling of content happiness.



This emoji is filled with joy!

Write 3 sentences that tell a story about why the emoji is filled with joy.

The emoji is joyful because...

Friday: Let's bring joy into our school.

- Write down all the positive words you could say to help your teachers and classmates be joyful.

Clue ideas:

You are nice, I like being your friend, I'm lucky you are my teacher...



Saturday/Sunday: It's story time.

- Write a very short story about the joyful emoji.



Monday: Getting to know my emotions (anxiety).

What is *anxiety*? Feeling anxious is another way to say that you're nervous.

Feeling nervous can help us stay away from things that are dangerous.

But that feeling can stay with us for too long and mess up happy thoughts and feelings.

Use the box to write ideas about what anxiety means to you. Think about the why, when, and how of feeling nervous.

ANXIETY		
Why do I feel nervous?	When do I feel nervous?	How is anxiety helpful?

Tuesday: In my own words.

- What does it feel like when you are anxious and nervous?

Clue words:
Hard to think,
stomach butterflies...



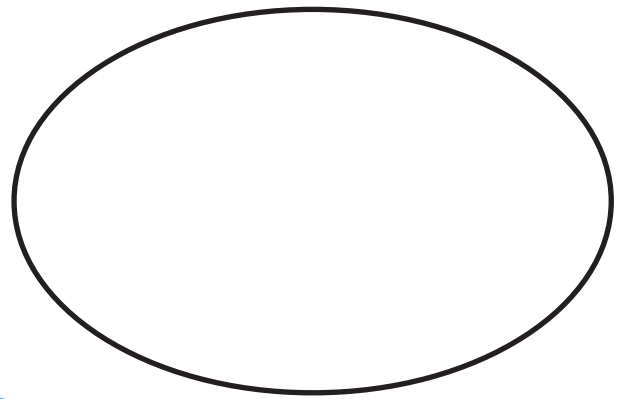
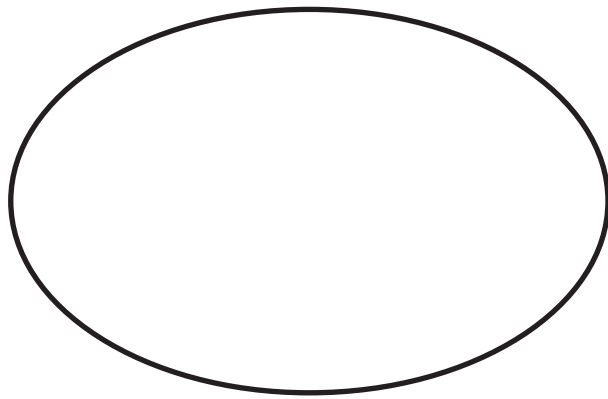
Wednesday: Why am I feeling this way?

- What are some things that make you feel nervous?

Clue words:
New places, new
people, being late...



Thursday: Think happy thoughts.



Stop nervous thinking with happy thinking.

Write or draw 2 happy thoughts in the thought bubbles.



Clue thoughts:
Friends, family, pets,
games, fun...



Friday: Let's make happy memories in our school.

- Happy memories can be helpful happy thoughts! How can you make happy memories with your teachers and classmates?

Clue ideas:
Happy memories include kind words, fun, and happy people...



Saturday/Sunday: It's story time.

- Write a very short story about the anxious emoji.



Monday: Getting to know my emotions (support).

Take some time to think about feeling supported. Trust is an important part of feeling supported. When you feel support, you trust that people will help you when you need it. We can help people feel supported too.

Use the box to write ideas about what support means to you.
Think about the why, when, and how of feeling supported.

SUPPORT		
Why do I feel supported?	When do I feel supported?	How is support helpful?

Tuesday: In my own words.

- What does it mean to support your friends and family?

Clue words:
Helpful, encouraging,
kind, understanding...



Wednesday: Looking back.

- When was the last time you felt supported or feel like you supported a friend?

Clue ideas:
First day of school, at
the doctor's office...

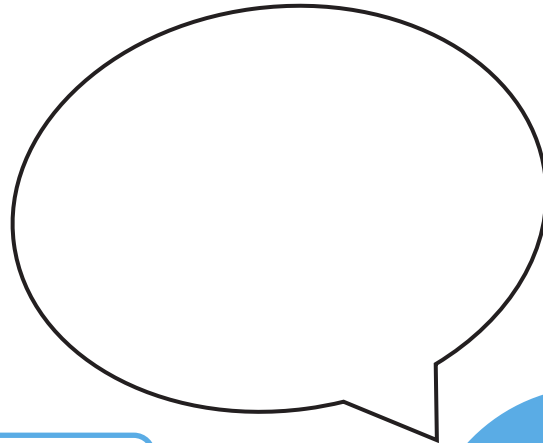


Thursday: Encouraging words.

A friend is nervous. It's time to give some support!

Fill out the word bubble with words to support the nervous emoji friend.

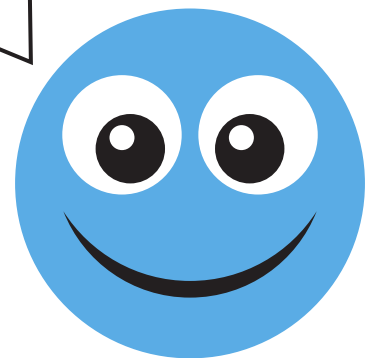
I'm really nervous
about going to the
doctor's office today!



< write in this
bubble

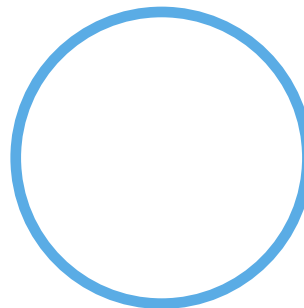
Clue ideas:

The doctor is nice
and helps you stay
healthy!



Friday: Emoji greatness!

Think about a person who supports
you when you need it. Write that
person's name and draw an emoji
that looks like them.



Emoji's Name

Saturday/Sunday: It's story time.

- Write a very short story about an emoji that supports friends and family.



Monday: Getting to know my emotions (interest).

Take some time to think about the things you're ***interested*** in.

Interest is an emotion that makes us feel curious about the world around us. It helps us learn new things.

Use the box to write ideas about what interest means to you. Think about the why, when, and how of interest.

INTEREST		
Why do I feel interested?	When do I feel interested?	How are interests helpful?

Tuesday: In my life.

- What are a few things that you're interested in learning more about?

Clue ideas:

How computers work, how to play a sport, helping animals...



Wednesday: Let's look at learning.

- Which people in your life can help you learn about the things that you're interested in?

Clue ideas:

Teachers, family members, coaches, neighbors...



Thursday: Questions are the key to learning.

> **Question** /noun/
A statement of expressed curiosity.



This emoji is filled with curiosity!
Write 2 questions that the emoji can ask to learn more about an interest.

This emoji wants to ask a couple of questions.

Clue ideas: Use one of the interests that you wrote about on Tuesday.



Friday: I love to learn!

Finish this sentence:

I love to learn about...

Saturday/Sunday: It's story time.

- Write a very short story about the emoji who is curious.



Monday: Getting to know my emotions (acceptance).

Take some time to think about ***acceptance***.

Feeling accepted is an important part of life, and all people want to find acceptance. Friends and family help us feel accepted. We can help our classmates feel accepted in our classroom.

Use the box to write ideas about what feeling accepted means to you.

Think about the why, when, and how of acceptance.

ACCEPTANCE		
Why do I feel accepted?	When do I feel accepted?	How is acceptance helpful?

Tuesday: In my life.

- Where do you feel accepted?

Clue ideas:

On a team, in my family, with my friends...



Wednesday: Helping people feel accepted.

- How can I help my classmates feel accepted in our classroom?

Clue ideas:

Be a good listener, say nice things about them...

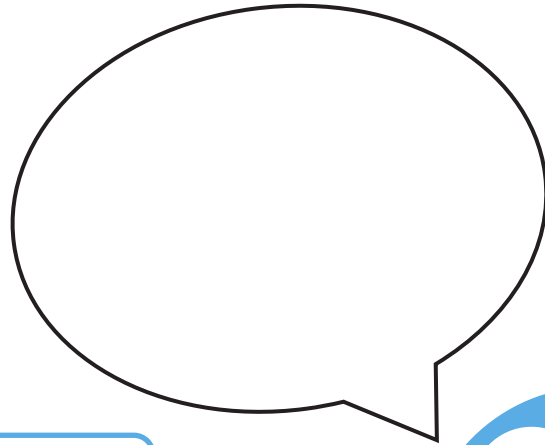


Thursday: It's time to help!

A friend is sad and wants to feel accepted. It's time to help!

Fill out the word bubble with words to help the emoji friend feel accepted.

I'm new in this class and don't feel accepted yet.



< write in this bubble

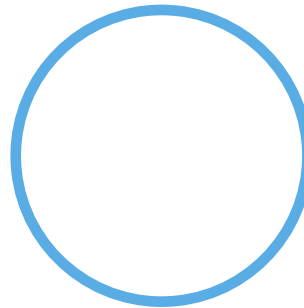
Clue ideas:

You can invite the new emoji friend to sit with you.



Friday: Emoji greatness!

Think about a person who helps you feel accepted. Write that person's name and draw an emoji that looks like them.



Emoji's Name

Saturday/Sunday: It's story time.

- Write a very short story about the emoji who helps people feel accepted.



Weeks 16–20 Wellness Log: Physical Activity & Nutrition



Track your wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. That means on most days, and at most meals, you eat a lot of fruits and veggies! They fuel your body for every healthy adventure.

Week 16

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 17

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 18

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 19

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 20

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies



FIND YOUR GREATNESS

“When the whole world is silent,
even one voice becomes powerful.”

– Malala Yousafzai



Finding your greatness
takes time and practice.

You will make mistakes, and that's okay.

Practice using your voice
with kindness and truth.



Kindness /noun/

The quality of treating others with
respect, concern, and consideration.



Go Be Great!

Weeks 16–20: GREAT GOAL WORKSHEET

It's time to look at our GREAT goal for weeks 16–20.

The goal on this page already has a name. You will write in all of the other parts to make this goal GREAT!

Every 5 weeks you will work toward a new GREAT goal. **Let's get started!**



Goal's Name

This simple statement tells the world what you want to do.

Reason for Your Goal

How will this goal make your world a better place?

Efforts Required

How are you going to achieve your goal?

Accountability Partner

Who can help you stay on track toward reaching your goal?

Timeline for Your Goal

Today is your starting point. Try to reach your goal by the end of week 20.



Goal's Name:

• *I will be physically active every day.*

Reason for Your Goal:

•

Efforts Required

• To reach my goal, I will...

• My accountability partner is...

GREAT Goal Timeline

Week 16	Week 17	Week 18	Week 19	Finish Line
How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?

QUICK GUIDE TO GREAT GOAL EMOTIONS

What should I do if I feel...



...confused?

Ask a teacher, family member, or friend for help. Sometimes you have to ask a few different people before you can find someone who has the help you need.



...frustrated or sad?

First, remember that you are a really GREAT person. All GREAT people get frustrated and sad. It's part of reaching hard goals. Get up, get moving, (get help if you need it), and don't quit!



...motivated and happy?

Aw yeah, buddy! Keep up the GREAT work! Next, share your positive vibes and encourage others to work hard toward their GREAT goals.

Go Be Great!

Monday: Joyful is thankful.

What are you thankful for? Being thankful can bring you joy.

The more thankful you are, the more joy you will have in your life.

(Write about or draw the things you're grateful for next to the joyful emoji.)



Tuesday: Jump for joy!

- Being able to run and jump can bring us joy. Make a list of physical activities that bring you joy.

Clue ideas:

Tag, sports, walks,
hikes, games, special
events...



Wednesday: Learning is a joy.

- Make a list of the things that you like to learn about. Circle the ones that really bring you joy.

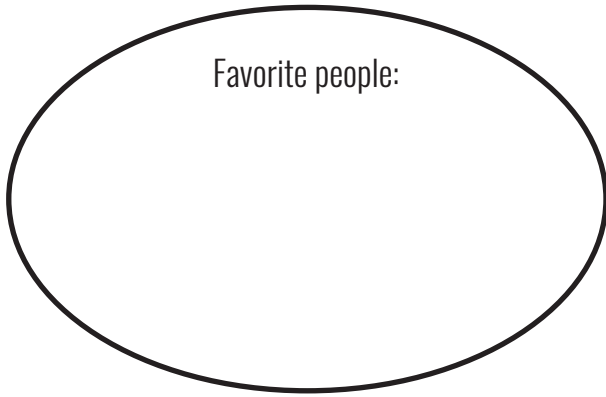
Clue ideas:

Learn about animals,
computers, plants,
new games,
new books...

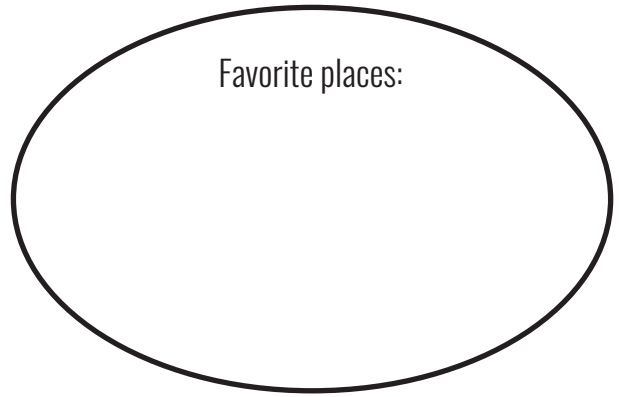


Thursday: Our favorite people and places bring us joy.

Favorite people:



Favorite places:



Think about your favorite people and places.

Write 2 of those people's names in 1 bubble, and 2 places in the other bubble.



Clue thoughts:
Friends, family, your home, parks, school...



Friday: Let's practice expressing our joy.

- You express your joy every time you say thank you. Gratitude is a joyful attitude. Think of 1 thing that you're grateful for, and write a short thank-you note in the space below.

Clue ideas:

Thank you for my favorite pair of glasses. They help me see beautiful things.



Saturday/Sunday: It's story time.

- Write a very short story about the emoji who was grateful for a chance to learn something new from his teachers.



Monday: Get prepared for the main event.

Getting prepared for a big event can help you feel less anxious.

This emoji is nervous about a band concert that is 2 weeks away. Make a list of things the emoji can do to get ready for the concert performance.



What can the emoji do to **prepare** for the band concert?

Clue ideas:

Practice every day, get clothes ready ahead of time, invite friends...



Tuesday: In my life.

- What is something you can prepare for today?

Clue ideas:

School tomorrow, a spelling test, a game or practice...



Wednesday: Be positive.

- What are some positive words you can say to a friend who is anxious?

Clue idea:

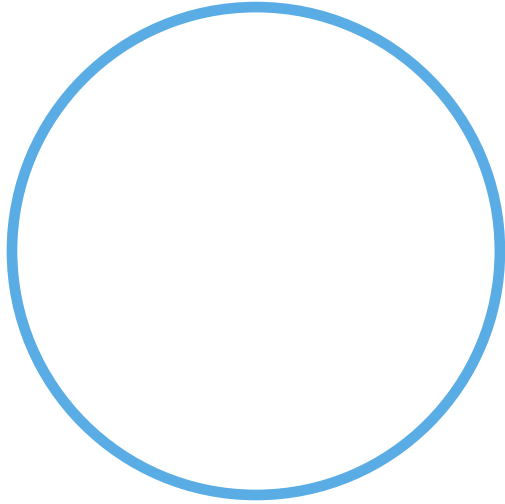
I'm here to help you if you need it...



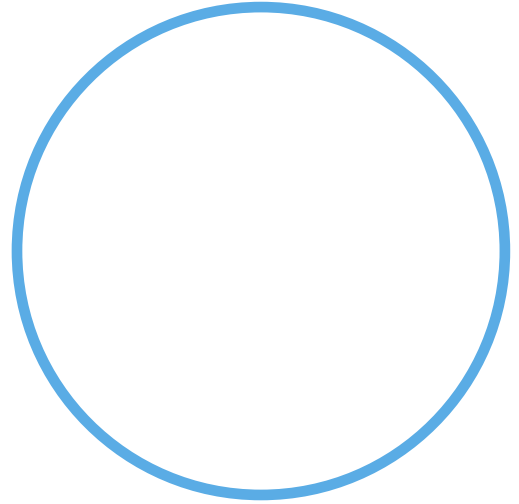
Thursday: Self-control and enthusiasm.

Draw a picture of an emoji before they prepared for a big event.

Then draw a picture of that same emoji after they prepared for the big event.



Before
(anxious)



After
(prepared)

Friday: Jump for joy!

Let's remind ourselves to prepare. Write the sentence below word for word.

I will get prepared for important events.

Saturday/Sunday: It's story time.

- Write a very short story about an emoji who was prepared for a big spelling quiz.



Monday: Support your friends by being a good listener.

When we're telling people about a problem or challenge, we want them to listen.

Being a good listener means that you're paying attention and thinking about your friend.

Look at the emojis. Which one is a better listener? How can you tell?



Circle the emoji who is a good listener.

How can you tell?

Write your answers next to the emojis.

Tuesday: What is it?

- What is a distraction? How are distractions related to being a good listener?

Clue idea:
Distracting things
take our attention
away from
important
stuff...



Wednesday: Put away distractions.

- Think about things that might distract you when you're trying to listen, or when you're working on something important. Make a list of a few of those distracting things.

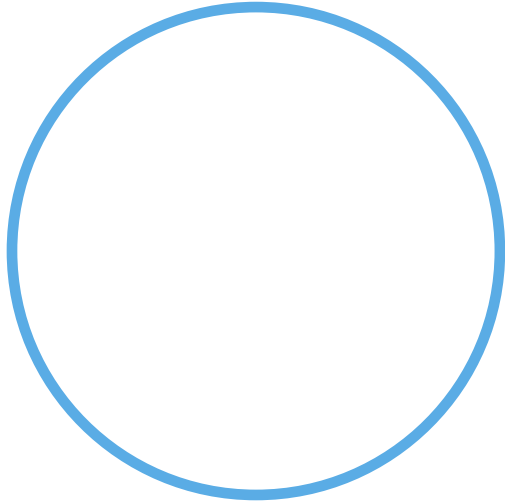
Clue words:
Phones, videos, toys,
giant pizzas...



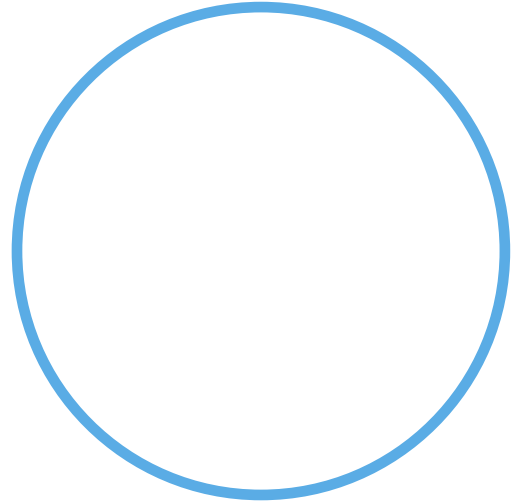
Thursday: Encouragement — before and after.

Draw a picture of a nervous emoji who needs support.

Then draw a picture of an emoji who is being a good listener.



Needs Support



Good Listener

Friday: Repeat after me.

Let's remind ourselves how to be good listeners.

Write the sentence below word for word.

I will put away distractions, focus on my friend, and be a good listener.

Saturday/Sunday: It's story time.

- Write a very short story about an emoji who supported a friend by being a good listener.



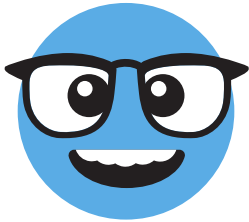
Monday: That is interesting!

Interesting stuff happens all the time.

Think back to last week.
What is 1 interesting thing that happened to you?
Write all about it in the word box to the right.

Clue ideas:

Did you meet someone new?
Did you learn something new?
Did you go anywhere new?



Tuesday: In my life.

- You are a unique and interesting person. What is 1 interesting thing that has happened to you?

Clue ideas:

Places you've visited,
unique people you
know, exciting
food you've
tried...



Wednesday: Books are pretty interesting!

- Think about an interesting book that you read. What makes that book interesting to you?

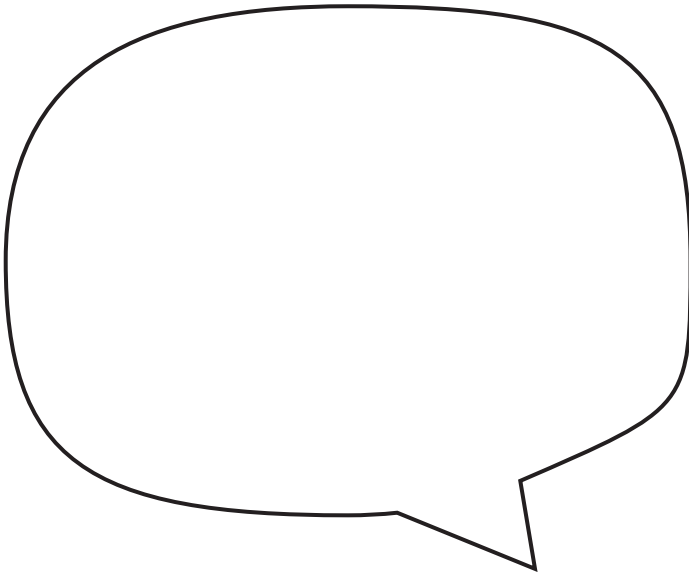
Clue ideas:

You liked the main
character. The story
was an adventure.
You learned
new things...



Thursday: Ask a question.

If you could ask 1 question about anything, what would your question be?
Write your question in the word bubble.



Friday: I am curious!

Let's remind ourselves to stay curious and ask questions.
Write the sentence below word for word.

I want to learn, and asking questions is the key to learning.

Saturday/Sunday: It's story time.

- Write a very short story about an emoji who asked a very important question.



Monday: Let's celebrate what's different about us!

Acceptance helps us celebrate the unique greatness of others.

Think about all the people you know. What makes them unique? What makes them great?

Make a list of unique things that are great about the people you know.

Don't write any names, just write down all of the great things you can think of.



Tuesday: What do you think?

- Every person is unique. No two people are exactly alike — not even twins!
Why do you think it's important to celebrate our differences?

Clue idea:
Different people
can solve different
problems.



Wednesday: You are unique — you are amazing.

- What is 1 unique thing about you that you really think is great?

Clue ideas:
Your love of art. Your
interest in snakes.
Your ability to
help others...



Thursday: Unique greatness might be hard to see.

This emoji is unique!

This emoji is shy. It's not easy to see all of the greatness behind a shy smile.

Write 3 things about this shy emoji that are uniquely great.



Friday: I am unique. You are unique.

Let's remind ourselves that every person has unique greatness to share.

Write the sentence below word for word.

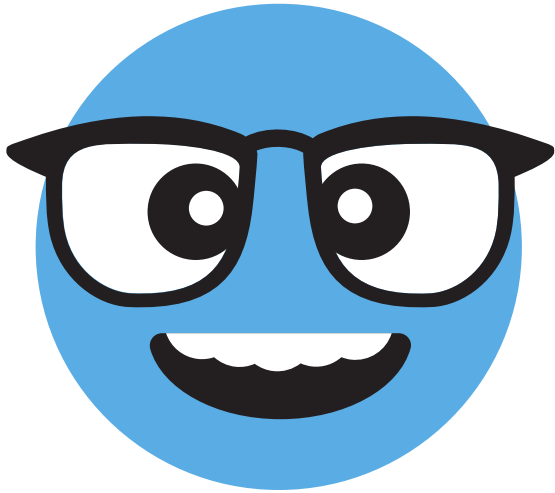
I will celebrate every person's unique greatness.

Saturday/Sunday: It's story time.

- Write a very short story about a very unique emoji.



Weeks 21–25 Wellness Log: Physical Activity & Nutrition



Track your wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. That means on most days, and at most meals, you eat a lot of fruits and veggies! They fuel your body for every healthy adventure.

Week 21

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 22

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 23

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 24

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 25

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies



FIND YOUR GREATNESS

“You’re not obligated to win. You’re obligated to keep trying to do the best you can every day.”

– Marian Wright Edelman

.....

YOU ARE NOT ALONE.
WE BELIEVE IN YOU.

.....

We see your effort.
We see your grit.

.....



Grit /noun/

A mixture of passion and perseverance for long-term goals.

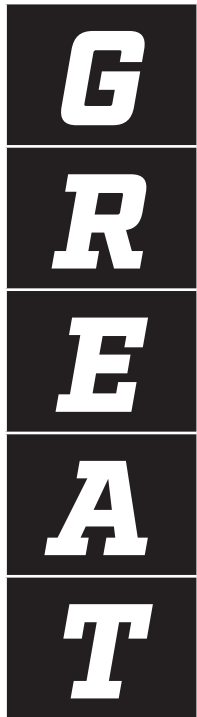
– Defined by Angela Duckworth

Go Be Great!

Weeks 21–25: GREAT GOAL WORKSHEET

It's time to set your own GREAT goal for weeks 21–25!

Think about things you want to do and topics you want to learn about. Next, give your goal a name and complete all parts of this GREAT goal worksheet. You have 5 weeks to make progress. **Let's get started!**



Goal's Name

This simple statement tells the world what you want to do.

Reason for Your Goal

How will this goal make your world a better place?

Efforts Required

How are you going to achieve your goal?

Accountability Partner

Who can help you stay on track toward reaching your goal?

Timeline for Your Goal

Today is your starting point. Try to reach your goal by the end of week 25.



Goal's Name:

• _____

Reason for Your Goal:

• _____

Efforts Required

• To reach my goal, I will...

• My accountability partner is...

GREAT Goal Timeline

Week 21	Week 22	Week 23	Week 24	Finish Line
How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?

QUICK GUIDE TO GREAT GOAL EMOTIONS

What should I do if I feel...



...confused?

Ask a teacher, family member, or friend for help. Sometimes you have to ask a few different people before you can find someone who has the help you need.



...frustrated or sad?

First, remember that you are a really GREAT person. All GREAT people get frustrated and sad. It's part of reaching hard goals. Get up, get moving, (get help if you need it), and don't quit!



...motivated and happy?

Aw yeah, buddy! Keep up the GREAT work! Next, share your positive vibes and encourage others to work hard toward their GREAT goals.

Go Be Great!

Monday: Getting to know my emotions (awe).

Awe is an AWESOME emotion. Have you ever looked at the night sky, or the ocean waves, or a beautiful mountain range and felt amazed? *That's awe.* Awe is a good emotion that makes us feel like a part of something big.

Use the box to write ideas about what awe means to you. Think about the why, when, and how of awe.

AWE		
Why do I feel awe?	When do I feel awe?	How is awe helpful?

Tuesday: In my life.

- Have you ever felt awe? Where were you? Can you write about how you felt?

Clue words:
Amazed, joyful, love,
accepted, motivated,
important...



Wednesday: Why is it so awesome?

- Now that you understand awe a little better, why do you think we say things are *awesome*?

Clue ideas:
Awesome things are
impressive, amazing,
really good...



Thursday: Wow — that's really awesome.

Why is this emoji experiencing awe?

Draw a picture or write a short story about why this emoji is experiencing a sense of wonder and excitement.

Clue ideas:

Watching fireworks for the first time, seeing the moon on a clear night...



This emoji is filled with awe because...



Friday: Look for awe in the world.

- List some places that you think you could look for and find awe.

Clue ideas:

Nature, the outdoors, the night sky, animals...



Saturday/Sunday: It's story time.

- Write a very short story about the emoji who found awe in nature.



Monday: Getting to know my emotions (distraction).

Distractions are everywhere. Computers, phones, games, screaming little sisters — they can all pull us away from things that are important. Distractions can also keep us safe if they catch our attention and help us avoid getting into an accident.

Use the box to write ideas about what feeling distracted means to you.

Think about the why, when, and how of distraction.

DISTRACTION		
Why do I feel distracted?	When do I feel distracted?	Can distraction be helpful?

Tuesday: In my life.

- What are some things that distract you?

Clue words:
Gadgets, silly things,
loud noises...



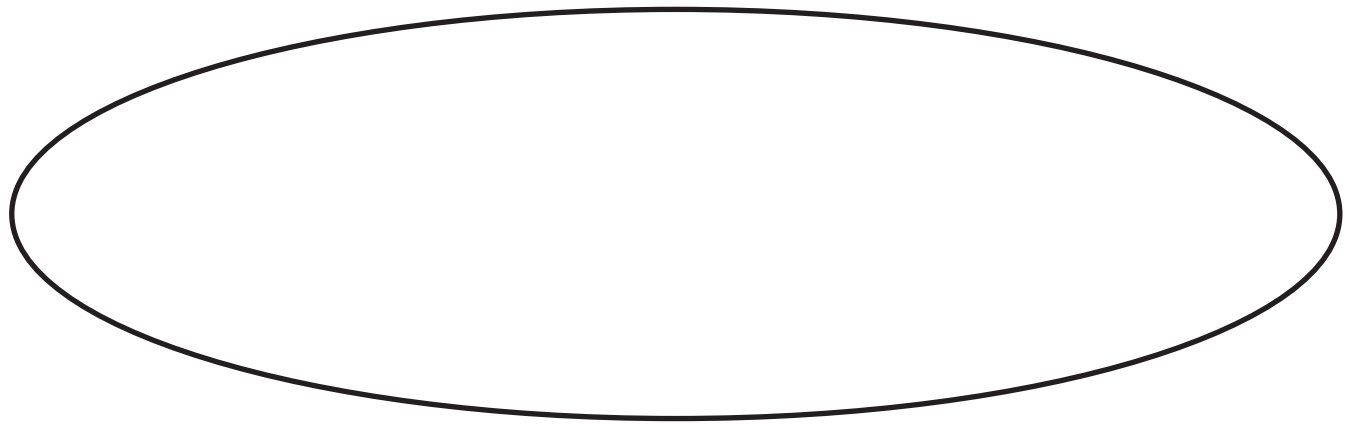
Wednesday: Find focus.

- Are there places in your home where you can do work without a lot of distraction?

Clue words:
Bedroom, kitchen,
home office, the dog
house...

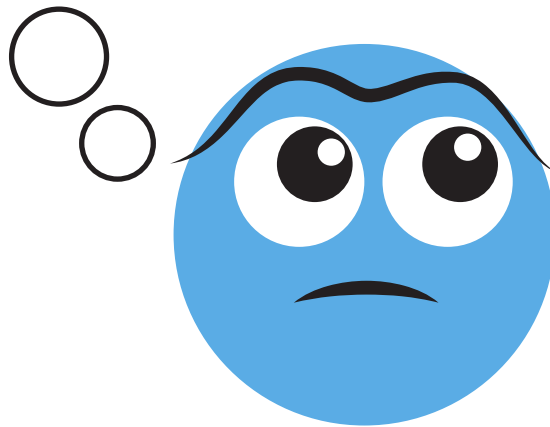


Thursday: Make a plan to stay focused.



You've got a big spelling test.
You have to study.
What can you do to stay focused?

In the bubble, write down a plan for putting away distractions before you start your schoolwork.



Clue thoughts:
Turn off gadgets,
find a quiet place...



Friday: Let's help our classmates stay focused.

- Think about your behavior during lessons and learning activities. What things can you do to help your classmates stay focused on learning?

Clue ideas:
Be respectful, raise
your hand, ask
important
questions...



Saturday/Sunday: It's story time.

- Write a very short story about the distracted emoji who found a way to focus.



Monday: Getting to know my emotions (prepared).

Feeling ***prepared*** is the opposite of feeling ***anxious***.

Have you ever felt rushed and nervous about being late? Getting your things prepared ahead of time can help!
Have you ever been nervous about a quiz or test that you didn't study for? Studying ahead of time can help you prepare!

Use the box to write ideas about what feeling prepared means to you.

Think about the why, when, and how of feeling prepared.

PREPARED		
Why do I feel prepared?	When do I feel prepared?	How is being prepared helpful?

Tuesday: Everyday stuff.

- Think about your best mornings — the ones that go really smoothly. What steps do you take to prepare for that day? What's your routine?

Clue ideas:

Get things ready the night before, wake up on time...



Wednesday: Preparing for tomorrow.

- What is 1 thing you can do tonight that will help you be better prepared for tomorrow?

Clue ideas:

Go to sleep on time, pick out my clothes for tomorrow...



Thursday: Bedtime is rest your head time.

A good night's sleep is an important way to prepare for the next day.

A bedtime routine is an important way to prepare for a good night's sleep.

On your best nights, what is your perfect bedtime routine? Write it in the word box.

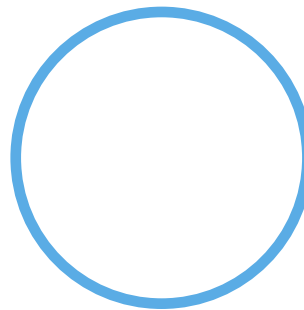


Clue ideas:
Brush teeth, wash up,
read a book, lights out...



Friday: Emoji greatness!

Think about a person who helps you prepare for important stuff. Write that person's name and draw an emoji that looks like them.



Emoji's Name

Saturday/Sunday: It's story time.

- Write a very short story about an emoji who got a great night of sleep.



Monday: Getting to know my emotions (positivity).

Trust, joy, acceptance, awe. These are all positive feelings.

One of the best ways to keep the positivity coming and the negativity away is to use positive words.

Use the box to write ideas about what being positive means to you. Think about the why, when, and how of positivity.

POSITIVITY		
Why do I feel positive?	When do I feel positive?	How is positivity helpful?

Tuesday: In my life.

- When was the last time you helped someone have positive feelings?

Clue ideas:
Birthday parties,
family gatherings,
school events,
art class...



Wednesday: Positive people.

- Think of 1 positive person in your life. What makes that person positive?

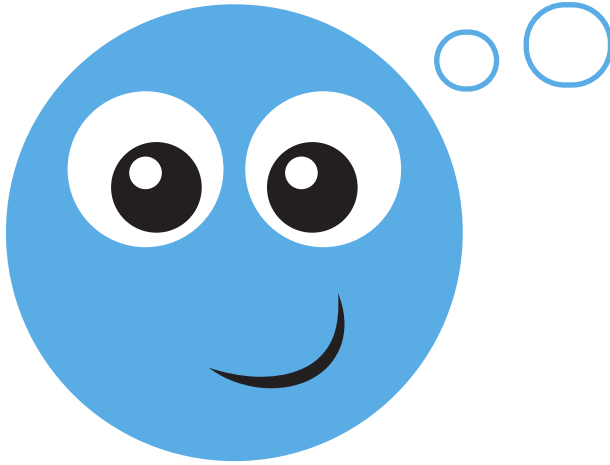
Clue ideas:
They smile a lot, they
say nice things, they
help people...



Thursday: Use positive words when you talk to yourself.

> **Self-talk** /noun/

The words you say to yourself — out loud or in your head.



This emoji chooses positive self-talk.
Write a bunch of positive words in the box.
A bunch is more than 3 and less than 500.

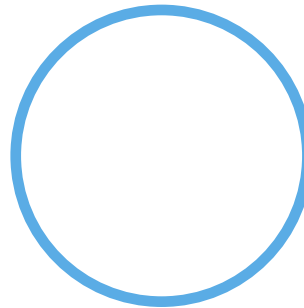
Positive self-talk words...

Clue ideas: I know I can do it. It's okay.
Mistakes are a part of learning.



Friday: I am a positive person!

Draw yourself as a positive emoji.
Don't forget to smile :-)!



Your Name

Saturday/Sunday: It's story time.

- Write a very short story about the positive emoji.



Monday: Getting to know my emotions (surprise).

Do you like being *surprised*? It probably depends on what the surprise is — right?

There are good surprises (like gifts). And there are bad surprises (like loud noises that we don't expect). We feel surprised for a small amount of time, and then another emotion jumps in (either positive or negative).

Surprising things are usually easier to remember.

Use the box to write ideas about what feeling surprise means to you.

Think about the why, when, and how of surprise.

SURPRISE		
Why do I feel surprised?	When do I feel surprised?	How is a surprise helpful?

Tuesday: In my life.

- Write about a good surprise. Where were you, and why were you surprised?

Clue ideas:

A holiday, a birthday,
a fun visit from a
friend...



Wednesday: School surprises.

- Have you ever been surprised at school in a way that helped you learn something new? What did you learn and why was it surprising?

Clue ideas:

Your teacher was
funny, the lesson was
super fun...



Thursday: Surprise!

Do you want a friend or family member to remember how much you care about them?

Take the time to surprise them with something happy and fun!

WOW! You really do care about me!



Clue ideas:

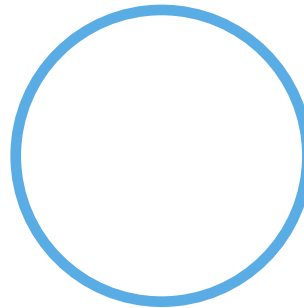
Write a special note, make a cake, draw an emoji of the person...



Write your surprise idea in this box.
Draw a picture if you want to.

Friday: Emoji greatness!

Think about a person you really want to surprise with something nice. Write that person's name and draw an emoji that looks like them.



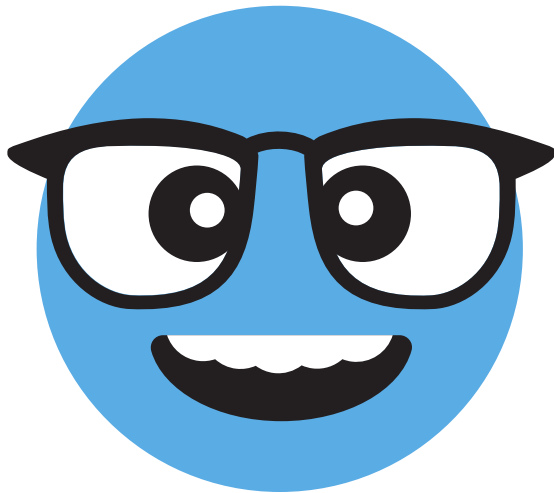
Emoji's Name

Saturday/Sunday: It's story time.

- Write a very short story about the surprised emoji.



Weeks 26–30 Wellness Log: Physical Activity & Nutrition



Track your wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. That means on most days, and at most meals, you eat a lot of fruits and veggies! They fuel your body for every healthy adventure.

Week 26

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 27

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 28

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 29

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 30

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies



FIND YOUR GREATNESS

Purpose /noun/

The reason why something is done.

.....



Be positive — on purpose.

Be grateful — on purpose.

Be helpful — on purpose.

.....



When being positive is really hard,

be kind to yourself.

(No one can be positive all of the time.)

.....

“Thinking: the talking of the soul with itself.”

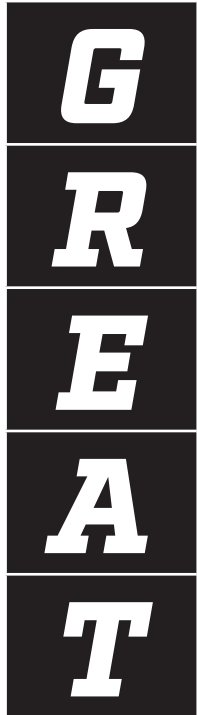
– Plato

Go Be Great!

Weeks 26–30: GREAT GOAL WORKSHEET

It's time to set your own GREAT goal for the next 5 weeks!

Think about things you want to do and topics you want to learn about. Next, give your goal a name and complete all parts of this GREAT goal worksheet. You have 5 weeks to make progress. **Let's get started!**



Goal's Name

This simple statement tells the world what you want to do.

Reason for Your Goal

How will this goal make your world a better place?

Efforts Required

How are you going to achieve your goal?

Accountability Partner

Who can help you stay on track toward reaching your goal?

Timeline for Your Goal

Today is your starting point. Try to reach your goal by the end of week 30.



Goal's Name:

• _____

Reason for Your Goal:

• _____

Efforts Required

• To reach my goal, I will...

• My accountability partner is...

GREAT Goal Timeline

Week 26	Week 27	Week 28	Week 29	Finish Line
How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?

QUICK GUIDE TO GREAT GOAL EMOTIONS

What should I do if I feel...



...confused?

Ask a teacher, family member, or friend for help. Sometimes you have to ask a few different people before you can find someone who has the help you need.



...frustrated or sad?

First, remember that you are a really GREAT person. All GREAT people get frustrated and sad. It's part of reaching hard goals. Get up, get moving, (get help if you need it), and don't quit!



...motivated and happy?

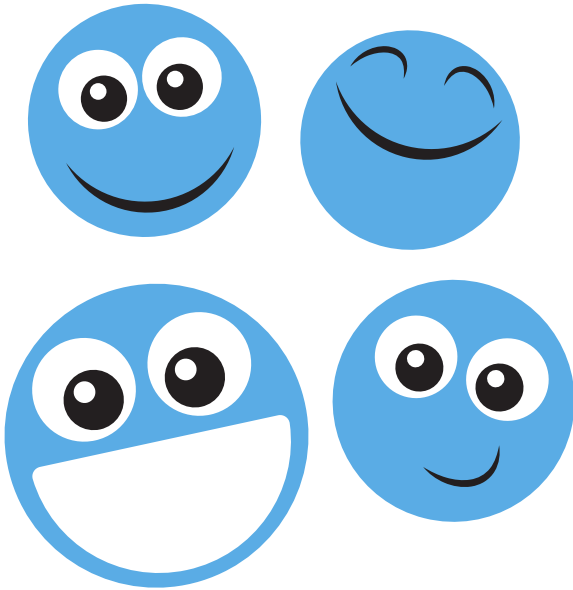
Aw yeah, buddy! Keep up the GREAT work! Next, share your positive vibes and encourage others to work hard toward their GREAT goals.

Go Be Great!

Monday: Community is awesome.

COMMUNITY is a group of people with something in common.

A **family** is a community. A **school** is a community. A **neighborhood** is a community. Pick 1 of the communities that you are a part of. In the box, draw a picture or write a description of your community.



Tuesday: Care for each other.

- People in a community help each other. Write about something nice that someone in your community did for you or your family.

Clue ideas:

Made a meal, helped fix something in your home, sent you a nice card in the mail...



Wednesday: Celebrate an awesome community.

- Write about a special event in your community when people celebrate and have fun together.

Clue ideas:

A festival or fair, a special holiday celebration...



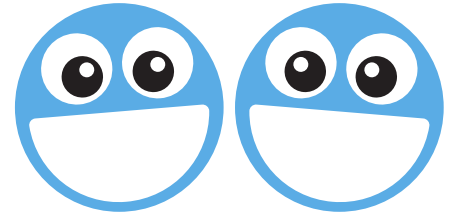
Thursday: Our favorite people and places bring us joy.

People (and emojis) in a community have something in common.

Students and teachers in your school community work together every school day.

What else do you have in common with your classmates, teachers, and school staff?

Write those common things in the box below.



Clue thoughts:

Same school colors, same school mascot, same hometown...



Friday: Let's express gratitude for our community.

- Think of 1 thing about your school community that you're grateful for. Next, write a short thank-you note in the space below.

Clue ideas:

Thank you for great teachers, thank you for a safe place to learn...



Saturday/Sunday: It's story time.

- Write a very short story about an emoji school where everyone is helpful and cares for each other.



Monday: One big distraction.

Distractions slow you down.

If we know what distracts us, we can make changes to avoid our distractions. Use the box to name and describe 1 thing that always distracts you.

Why is it so distracting???



1 big distraction

Clue ideas:

Is it a gadget or device? Is it a game or silly activity? Is it something you watch?



Tuesday: A nice distraction reaction.

- Let's pretend your friend is talking to you in class when you're supposed to be working. Write some polite (but serious) words you could say to ask your friend to stop distracting you.

Clue ideas:

"Let's talk more later, after our work is done."



Wednesday: Go to the goal.

- Sometimes distractions keep us from reaching a goal. Write a powerful sentence that you can repeat to yourself as a reminder to keep your focus, work hard, and avoid distractions.

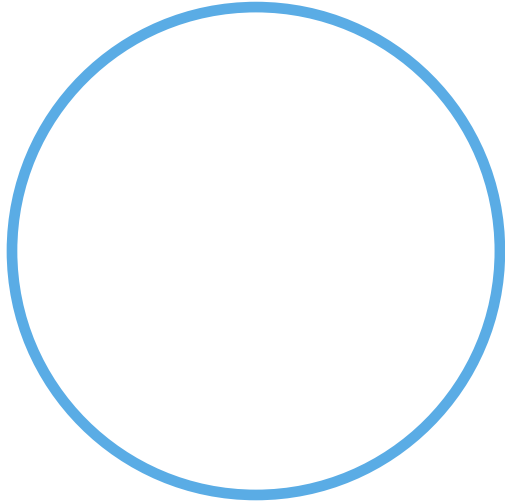
Clue idea:

My goal is more important than any distraction...

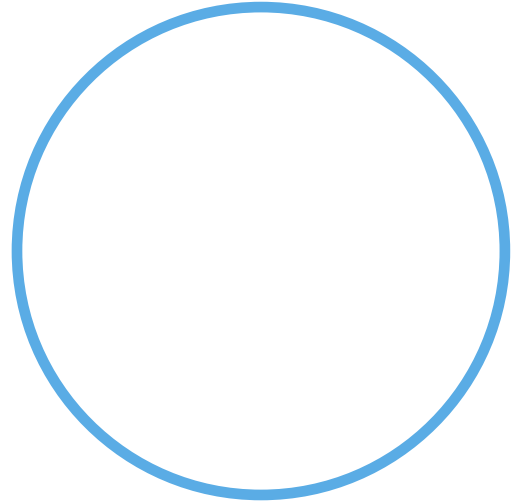


Thursday: Distraction vs. focus.

Distraction and focus look different from each other.
Draw a picture of 2 emojis — 1 distracted and 1 focused.



Distracted



Focused

Friday: Jump for joy!

Let's remind ourselves to stay focused. Write the sentence below word for word.
I will control my distractions — they won't control me.

Saturday/Sunday: It's story time.

- Write a very short story about an emoji who was distracted during an important lesson.



Monday: Plan on making a plan.

Plans are like instructions for doing important things.

Think about what you want to do tomorrow, then let's practice making a plan.

What's the most important thing you have to do this week?

What can you do today to help you do that important thing?

How will you start? What's the very first thing you have to do?

Clue ideas: Schoolwork is important. So is helping around the house. Not sure what to plan for? Ask a grown-up to help you decide.



Tuesday: Stick to the plan.

- Plans are like recipes for success instead of cookies. Practice making a plan by writing a funny recipe for silly cookies.

Clue ideas:
What kind of cookies
are you making? What
ingredients
do you need?



Wednesday: Have you ever...?

- Have you ever followed a plan from start to finish? Write about it. What did you do? How did you do it?

Clue ideas:
Built something,
cooked something,
went on a
trip...



Thursday: Make a plan to take a trip.



This emoji doesn't have a plan.

The emoji wants to go on a trip but doesn't have a plan. They have 1 day to pack and get ready. Can you help?

Where is the emoji going to go?

Clue ideas:

Pick a fun place to go.
Pack the items that match the place. (Is it warm? Pack shorts.) How far away is the place you picked?
Drive, fly, or bus?



What do they need to pack in their backpack?

How will they get to where they're going?

Friday: Repeat after me.

Let's remind ourselves that it's important to plan ahead.

Write the sentence below word for word.

I will make a plan when I have something important to do.

Saturday/Sunday: It's story time.

- Write a very short story about the emoji who went on the trip that you planned above.



Monday: Choose to be positive.

This emoji made the important decision to

BE POSITIVE.



What are 2 decisions the emoji made this morning that will help keep things positive all day?

Clue ideas:

Use positive words. Be kind. Be helpful. Be respectful.

The world needs more positive people. Be one.

You have the power to make the places you go more positive. It's a superpower that you can choose every day. **You are a positive person.**

Tuesday: Empower the positive people.

- **Saying thank you for being positive can help positive people stay positive. Write a positive statement that you can say to a positive person to let them know you appreciate their positivity.** (Wow! That's a lot of positive.)

Clue idea:

Thank you for helping make our school a better place...



Wednesday: Books are pretty interesting!

- **What is the most positive thing that you did today? How did that positive act make the world a more positive place?**

Clue ideas:

Did you say something nice to a friend? Did you help someone?



Thursday: Answer this important question...

What is 1 thing can I do right now to make the world a more positive place?
Write your answer in the word bubble.



Friday: Repeat after me.

Let's remind ourselves to stay positive.
Write the sentence below word for word.

I will choose positive words and actions today.

Saturday/Sunday: It's story time.

- Write a very short story about a very positive emoji.



Monday: Let's plan a surprise for someone we really like.

SURPRISE!

We'll plan all week and deliver on Friday.



First, we need to pick someone to surprise.
Answer the questions in the box to get started with our plan.

- What is the name of the person you want to surprise?
- What do you like about that person?

Tuesday: What kind of surprise can we plan?

- Big surprises can be fun, but they can also be really hard to make happen. Pick a small surprise that will be fun but easy to do. What will your surprise be?

Clue ideas:
Make a nice card,
draw a fun picture...



Wednesday: Pick a purpose.

- What will your surprise say to the person you're surprising? Will it say, "Thank you for something you did for me?" Or, "You are an amazing person and I'm grateful for you!" Pick a purpose and write it in this space.

Clue ideas:
Send a clear,
kind, and positive
message...



Thursday: What will you say?

Pretend this emoji is the person you will surprise.



All good writing starts with a draft.

In the box, write 2 very nice things that you can include in your surprise.

Friday: Today is the day!

Let's remind ourselves that it's important to do nice things for the people in our lives.

Write the sentence below word for word.

Today, I am going to help an important person feel joyful.

Saturday/Sunday: It's story time.

- Write a very short story about what happened when you surprised someone with something nice.



Weeks 31–35 Wellness Log: Physical Activity & Nutrition



Track your wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. That means on most days, and at most meals, you eat a lot of fruits and veggies! They fuel your body for every healthy adventure.

Week 31

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 32

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 33

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 34

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 35

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies



YOUR FUTURE IS GREAT

Believe /verb/

To know and feel sure that someone can do something. To have faith.

.....



Build a great future.

Be kind to yourself and others.

Grow into your greatness.

We Believe In You. Go Be Great!

.....

Greatness starts small and grows over time.
Kindness is a choice made by the
greatest people in all of history.

.....

“Do not let what you cannot do interfere with what you can do.”

– John Wooden

Go Be Great!

Weeks 31–35: GREAT GOAL WORKSHEET

It's time to set your own GREAT goal for the next 5 weeks!

Think about things you want to do and topics you want to learn about. Next, give your goal a name and complete all parts of this GREAT goal worksheet. You have 5 weeks to make progress. **Let's get started!**



Goal's Name

This simple statement tells the world what you want to do.

Reason for Your Goal

How will this goal make your world a better place?

Efforts Required

How are you going to achieve your goal?

Accountability Partner

Who can help you stay on track toward reaching your goal?

Timeline for Your Goal

Today is your starting point. Try to reach your goal by the end of week 35.



Goal's Name:

• _____

Reason for Your Goal:

• _____

Efforts Required

• To reach my goal, I will...

• My accountability partner is...

GREAT Goal Timeline

Week 31	Week 32	Week 33	Week 34	Finish Line
How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?

QUICK GUIDE TO GREAT GOAL EMOTIONS

What should I do if I feel...



...confused?

Ask a teacher, family member, or friend for help. Sometimes you have to ask a few different people before you can find someone who has the help you need.



...frustrated or sad?

First, remember that you are a really GREAT person. All GREAT people get frustrated and sad. It's part of reaching hard goals. Get up, get moving, (get help if you need it), and don't quit!



...motivated and happy?

Aw yeah, buddy! Keep up the GREAT work! Next, share your positive vibes and encourage others to work hard toward their GREAT goals.

Go Be Great!

Monday: Getting to know my emotions (optimism).

***Optimism* means we trust the future.**

We can choose to trust the future, but sometimes that's a hard choice. It's hard to feel optimistic all the time.

Use the box to write ideas about what optimism means to you. Think about the why, when, and how of optimism.

OPTIMISM		
Why do I feel optimistic?	When do I feel optimistic?	How is optimism helpful?

Tuesday: In my life.

- What do you feel optimistic about today?

Clue words:
School, friends,
creativity, fun, the
weekend...



Wednesday: Think positive thoughts.

- We can be more optimistic by thinking positive thoughts. Think of something that will happen in the future. Next, write a couple of sentences about how that thing will happen in a positive way. *(Now you're being optimistic!)*

Clue ideas:
A school event (like a
concert or art show),
a special event (like
a birthday)...



Thursday: We love...the rain!

Being optimistic is knowing what you can and cannot control.

It's our job to make the best of what we're given.

The weather is something that we cannot control.

This emoji is happy on a rainy day! Write a short story about what the emoji did to make the rainy day the best it could be.



Friday: Find the words.

- Write down as many optimistic words as you can think of.

Clue words:

Happy, nice, fun,
positive, love, joy...



Saturday/Sunday: It's story time.

- Write a very short story about an optimistic emoji.



Monday: Getting to know my emotions (relaxation).

Relaxation is really good for you!

When your mind is relaxed, it's easier to think.

When your body is relaxed, it's easier to do the work you need to do.

Use the box to write ideas about what being relaxed means to you. Think about the why, when, and how of relaxation.

RELAXATION		
Why do I feel relaxed?	When do I feel relaxed?	Is being relaxed helpful?

Tuesday: In my life.

- Where do you feel most relaxed? Why is that place relaxing?

Clue ideas:

In my bedroom because it's quiet and I have my favorite things...



Wednesday: Finding relaxation.

- What does a relaxing place look like for you? Write about (or draw) a place that you would like to visit when it's time to relax.

Clue words:

Calm, quiet, safe, comfortable...



Thursday: Take a relaxing breath.

Focusing on breathing can help you relax your mind and body.

Practice *equal breathing*. Then write 2 sentences about how this breathing practice helped you relax.



Step 1: Breathe with either your nose or mouth.

**Inhale slow and steady
to a 4-count.**



Step 2:

**Hold your breath for a
4-count.**



Step 2:

**Exhale to a slow and
steady 4-count.**

Now, how do you feel?

Write your answer below.

Friday: Know when to relax.

- Yesterday you practiced breathing to help you relax. During the school day, when could you use breathing to help you relax?

Clue ideas:

In the lunchroom,
in the hallway, after
recess...



Saturday/Sunday: It's story time.

- Write a very short story about an emoji who used breathing to find relaxation.



Monday: Getting to know my emotions (commitment).

Making a commitment can help us stay focused on a goal.

The feeling of commitment gets stronger when we tell someone else about our feeling.

Showing our commitment means we're focused, we're trying our best, and we're not quitting.

Use the box to write ideas about commitment. Think about the why, when, and how of commitment.

COMMITMENT		
Why do I feel committed?	When do I feel committed?	How is commitment helpful?

Tuesday: In my life.

- Some people are committed to a friendship. Some people are committed to the work that they're interested in. Some people are committed to a team or club. **What are you committed to, and how do you show your commitment?**

Wednesday: Commit to yourself.

- What is 1 thing that you can do to get better at something? Write it here and make a commitment to getting better!

Clue ideas:
Practice an instrument,
study spelling words,
practice a
skill...




Thursday: Committed to kindness.

Everyone can make a commitment to being kind to others.

What are 2 things that you can do in school that will show the world that you are committed to kindness? Write those things in the word box.

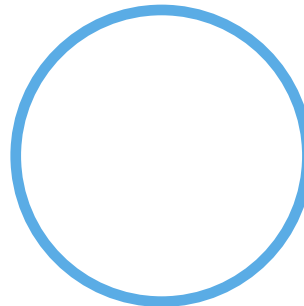


Clue ideas:
Help a classmate,
include classmates in activities...



Friday: Emoji commitment!

Think about a person who is committed to helping you. Write that person's name and draw an emoji that looks like them.



Emoji's Name

Saturday/Sunday: It's story time.

- Write a very short story about an emoji who is committed to kindness.



Monday: Getting to know my emotions (involvement).

It's important to get ***involved*** in positive things and with positive people.

One way to get involved is to look for things that are interesting to you. Then, find other people who share that interest.

Use the box to write ideas about what being involved means to you. Think about the why, when, and how of involvement.

INVOLVEMENT		
Why do I feel involved?	When do I feel involved?	How is involvement helpful?

Tuesday: In my life.

- What is 1 positive thing that you are involved with? How did you get involved?

Clue ideas:

My neighborhood park clean-up. A friend asked if I wanted to help...



Wednesday: Positive feelings.

- Write about how being involved in something positive makes you feel.

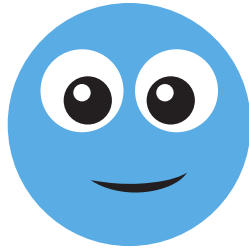
Clue words:

Happy, included, excited, joyful...



Thursday: Your classroom community.

Your class is a community that you are involved in.
Make the class community a positive place!



What can you do to increase the positivity?

Write a bunch of ideas in the box.

A bunch is more than 3 and less than 724.

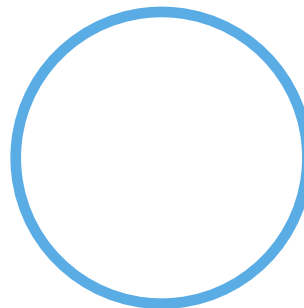
Positive involvement ideas...

Clue ideas: Keep supplies organized, use positive language in class discussions...



Friday: My class community!

Your teacher is an important part of your classroom community. Write your teacher's name and draw an emoji that looks like them.



Your Name

Saturday/Sunday: It's story time.

- Write a very short story an amazingly positive class community.



Monday: Getting to know my emotions (empowerment).

***Empowerment* means you feel like you can control important things in your life.**

This journal is a tool for helping you become more empowered. We want to help you become the best you can be.

Use the box to write about what feeling empowered means to you. Think about the why, when, and how of empowerment.

EMPOWERMENT		
Why do I feel empowered?	When do I feel empowered?	Why is empowerment helpful?

Tuesday: You have the right to live optimistically.

- It's time to claim your empowerment rights. What does living optimistically mean?

Clue ideas:

You can trust your effort and the future that your effort is building...



Wednesday: You have the right to act on positive motivation.

- What is positive motivation, and how can you act on it?

Clue ideas:

You want to do things that will help the world become better...



Thursday: You have the right to live with respect.

Empowered people live with respect for themselves and others.

List the things you can do to show respect for yourself and for others.

Ways I can respect myself...



Ways I can respect others...



Friday: You have the right to communicate with a unique voice.

Think about this sentence, and then rewrite it to make it your unique statement.

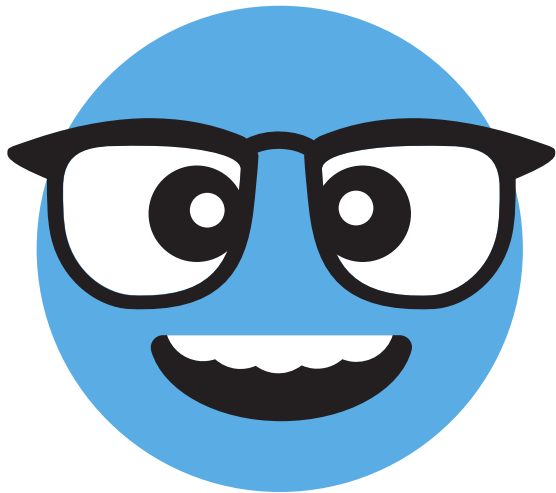
I am working on becoming the best person I can be for my family, friends and self.

Saturday/Sunday: You have the right to share your greatness.

- Write a very short story about an emoji that shared unique greatness with the world.



Weeks 36–40 Wellness Log: Physical Activity & Nutrition



Track your wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. That means on most days, and at most meals, you eat a lot of fruits and veggies! They fuel your body for every healthy adventure.

Week 36

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 37

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 38

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 39

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies

Week 40!

Daily Physical Activity

Monday: 60 minutes
Tuesday: 60 minutes
Wednesday: 60 minutes
Thursday: 60 minutes
Friday: 60 minutes
Saturday: 60 minutes
Sunday: 60 minutes

Weekly Nutrition Goal

1/2 of my plate is fruits & veggies



YOUR FUTURE IS GREAT

Your unique voice is important to the world.
Be kind to yourself and others.
It's time to Go Be Great!

Unique /adjective/
Being the only one of its kind.
Unlike anything else.



“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

– Ralph Waldo Emerson

Go Be Great!

Weeks 36–40: GREAT GOAL WORKSHEET

It's time to set your own GREAT goal for the next 5 weeks!

Think about things you want to do and topics you want to learn about. Next, give your goal a name and complete all parts of this GREAT goal worksheet. You have 5 weeks to make progress. **Let's get started!**



Goal's Name

This simple statement tells the world what you want to do.

Reason for Your Goal

How will this goal make your world a better place?

Efforts Required

How are you going to achieve your goal?

Accountability Partner

Who can help you stay on track toward reaching your goal?

Timeline for Your Goal

Today is your starting point. Try to reach your goal by the end of week 40.



Goal's Name:

• _____

Reason for Your Goal:

• _____

Efforts Required

• To reach my goal, I will...

• My accountability partner is...

GREAT Goal Timeline

Week 36	Week 37	Week 38	Week 39	Finish Line
How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?

QUICK GUIDE TO GREAT GOAL EMOTIONS

What should I do if I feel...



...confused?

Ask a teacher, family member, or friend for help. Sometimes you have to ask a few different people before you can find someone who has the help you need.



...frustrated or sad?

First, remember that you are a really GREAT person. All GREAT people get frustrated and sad. It's part of reaching hard goals. Get up, get moving, (get help if you need it), and don't quit!



...motivated and happy?

Aw yeah, buddy! Keep up the GREAT work! Next, share your positive vibes and encourage others to work hard toward their GREAT goals.

Go Be Great!

Monday: Community is awesome.

OPTIMISM. Trust is where it all starts. Trust yourself.

Effort is the tool you use to build the future you want.

If you can trust yourself to put in the effort, you can also trust the future you are creating.

Write 1 sentence to yourself. Explain why you can trust yourself to work hard.



Tuesday: Be dependable.

- What does it mean to be dependable?

Clue ideas:
You are trustworthy.
You do the things that
you say you
will do...



Wednesday: Effort + trustworthy = dependable.

- How is effort related to being dependable?

Clue ideas:
Dependable people
try their hardest.
They put in the
effort...



Thursday: Dependable people help us be optimistic.

Who in your life is dependable? How do they help you feel optimistic?

Write that person's name on top of the word box. Then, inside the box, write words that you can use to describe the dependable person in your life who helps you feel optimistic.

Dependable person's name:

Kind words that describe the dependable person in my life.



Clue words:

Strong, hardworking, nice,
kind, brave, funny, loving,
understanding, smart...

Friday: Let's express gratitude for our community.

Let's remind ourselves to be dependable. Write the sentences below word for word.

I am dependable and trustworthy. I do what I say I will do.

Saturday/Sunday: It's story time.

- Write a very short story about a very dependable emoji.



Monday: Let's have fun and relax.

Play and exercise help our minds and bodies relax!

That's a really good thing.
Let's make a list of all of the fun ways we like to play and be physically active.



FUN PHYSICAL ACTIVITIES:

Clue ideas:

Think of all of the fun things you do at recess and in physical education class.



Tuesday: Let's be physically active.

- Are there people in your life who like to be active with you? Write down their names. Next to their names, write an activity you could do together.

Clue ideas:

Grandma (walks), Uncle (jogs),
Sister (obstacle courses)...



Wednesday: 60 minutes or more.

- Think about 4 activities that you could do for at least 15 minutes each, all in one day. That adds up to 60 minutes! Write the names of the activities.

Clue idea:

Basketball, swim,
walk, tag, catch,
Spikeball®...



Thursday: Be healthy and active every day.

REASONS TO BE ACTIVE EVERY DAY:

There are a lot of reasons
to be active every day.
Let's make a list!



Clue ideas:

To keep my heart healthy, to make my
bones strong, to help my body fight sickness...



Friday: Stay active every day!

Let's remind ourselves to be active every day. Write the sentence below word for word.
I will live a physically active life and stay active every day.

Saturday/Sunday: It's story time.

- Write a very short story about an emoji who loved to be active every day.



Monday: This week's commitment to gratitude.

This week we will focus on making a commitment to saying *thank you*. Every day we will say *thank you* to someone new. (In addition to people who do nice things for us.)

It's thank a family member day! Write the name of 1 family member who you are grateful for. Next to their name, write what you will say to thank them for being an important person in your life.



Tuesday: Thank a friend.

- **It's thank a friend day!** Write the name of 1 friend (or more) who you are grateful for. Next to their name, write what you will say to thank them for being a really great friend. (FYI: Pets count as friends. Of course they do.)

Wednesday: Have you ever...?

- **It's thank a teacher day!** Write the name of a teacher who you are grateful for. Next to their name, write what you will say to thank them for teaching you amazing things. (FYI: Pets do not count as teachers. Although maybe they should.)

Thursday: Nature is pretty cool.



It's thank Mother Nature day!

Let's face it — without the Earth, life would be pretty terrible.
Make a list of things in nature that you're grateful for.

(FYI: Yep, you guessed it, pets can count!)

STUFF IN NATURE THAT I'M GRATEFUL FOR:

Clue ideas:

Trees! Did you know trees help us breathe clean air?
Yep, I'm grateful for trees.



Friday: Repeat after me.

Be kind to yourself and remember to be grateful for your unique greatness!

Write the sentences below word for word.

I am the one and only me. I'm grateful for the things that make me unique.

Saturday/Sunday: It's story time.

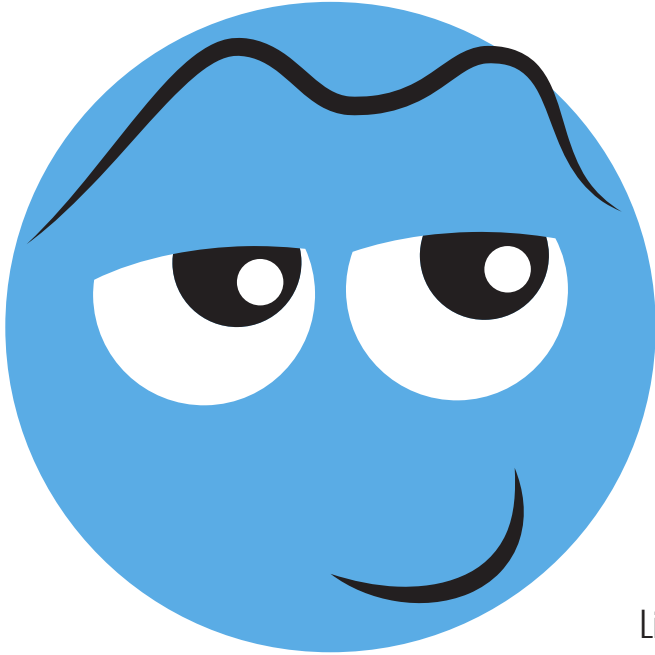
- Write a very short story about the emoji who was grateful for a beautiful and delicious sandwich.



Monday: Opportunity knocks.

When the opportunity to get involved arrives,

BE GREAT!



When was the last time you jumped at the chance to be great? Write about it here...

Clue idea:

List kind acts, helpful hands, listening ears, and healing hearts.

Tuesday: Empower the positive people.

- What's the best thing that could happen if you were to get involved with helping a classmate?

Clue idea:

Your classmate might help you the next time you need it...



Wednesday: Books are pretty interesting!

- What is the most helpful thing that you did today? How did that helpful act make the world a better place?

Clue ideas:

Did you help clean your home? Did you help a teacher keep the class organized?



Thursday: Answer this important question...

What is 1 thing you can do right now to share your greatness with the world?
Write your answer in the word bubble.



Friday: Repeat after me.

Let's remind ourselves to share our greatness for the greater good.
Write the sentence below word for word.

I will get involved in positive things that help people be great.

Saturday/Sunday: It's story time.

- Write a very short story about a very kind emoji that helped other emojis share their unique greatness.



Monday: Let's plan a surprise for someone we really like.

EMPOWERMENT!

Dream big dreams this summer.
Set big goals and take action to reach them!



“With confidence, you have won before you have started.”
– Marcus Garvey

- What is 1 new thing you want to try this summer?
- Who can help you make that 1 thing happen?

Tuesday: In my life.

- Write about 1 thing that you've done this school year to help one of your classmates.

Wednesday: Making a difference.

- Write about 1 thing that you did this school year to make your class community more positive.

Thursday: Family and friends.

What can you do this summer to help make your home a more positive place?

Make a list of things you can do and say to boost positivity in your home.

Remember, the things you say to yourself are important too.



LIST OF POSITIVE THINGS:

Friday: Today is the day!

Let's remind ourselves to jump into action when there's an opportunity to be great.

Write the sentence below word for word.

I will look for every opportunity to be great. I have important things to share with the world.

Saturday/Sunday: It's story time.

- Write a very short story about an emoji who had the best summer ever!



SUMMER: GREAT GOAL WORKSHEET

It's time to set a summer GREAT goal!

What do you want to do and learn about this summer? You're ready for a summer of GREATNESS!

Use this worksheet to set your summer goals and track your progress. **Go Be Great!**



Goal's Name

This simple statement tells the world what you want to do.

Reason for Your Goal

How will this goal make your world a better place?

Efforts Required

How are you going to achieve your goal?

Accountability Partner

Who can help you stay on track toward reaching your goal?

Timeline for Your Goal

Today is your starting point. Try to reach your goal by the end of week 5.



Goal's Name:

• _____

Reason for Your Goal:

• _____

Efforts Required

• To reach my goal, I will...

• My accountability partner is...

GREAT Goal Timeline

Summer Week 1	Summer Week 2	Summer Week 3	Summer Week 4	Finish Line
How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?	How do you feel about your effort toward your goal?

WE ARE PROUD OF YOU!

YOU DID IT!

You have the power to share your unique greatness.
Use that power and transform your world.

It's time to Go Be Great!

This year has been:



challenging
strange
empowering
meaningful
important



“All of our dreams can come true if
we have the courage to pursue them.”

– Walt Disney

Go Be Great!

ABOUT VARSITY BRANDS

The core mission of **VARSIY BRANDS** is to elevate student experience in **SPORT, SPIRIT & ACHIEVEMENT**. We are a company built upon the shared dreams and goals of our people.

The employees of **VARSIY BRANDS** are mothers, fathers, aunts, uncles, grandparents, sisters, brothers, daughters, and sons. Within our own families and communities, we have very high aspirations for our nation's students, and extreme optimism that this generation will build a brighter future.

To that end — we must do our part. As a corporate partner to schools, we strive each and every day to empower students with the confidence and skills they need to change our world for the better.

The **BELIEVE IN YOU** empowerment journals, video series, and national school tour are expressions of our collective hopes and dreams. We need you to **GO BE GREAT** every day. We **BELIEVE IN YOU**.

For more information about the social and emotional learning work of **VARSIY BRANDS** please visit [**BELIEVEINYOU.COM**](https://believeinyou.com).

