



What an unexpected start to the year!
This pandemic has taken a normal school year and crushed it like an Oreo on the kitchen floor.

No matter. We're going to rock this school year anyway.

You may be starting school at home this year OR maybe you're doing the entire year at home.

Instead of having homework just in the afternoon - now it's ALL homework.

This challenge will help you focus on improving **ONE**... I said **ONE** thing and then make a plan for fun.

Here we go!



- 2 Get some of your assignments done?
- 1 Get none of your assignments done?





















Take the REWIND quiz



- 4 I did my best work possible.
- 3 I could have put more thought into it but I did a pretty good job.
- **2** Sometimes I put in effort. Most of the time. I didn't.
- 1 I didn't work very hard.

What happened when you didn't know how to do something?

- 4 I first tried to figure it out by myself and then I asked my teacher or other adult.
- 3 I asked my parent/ teacher whenever I was unsure.
- 2 I may have screamed, but I eventually figured it out.
- 1 I got really frustrated or I gave up.

Perfect! Now, we're going to take your answers and use them to create a goal for this year.

























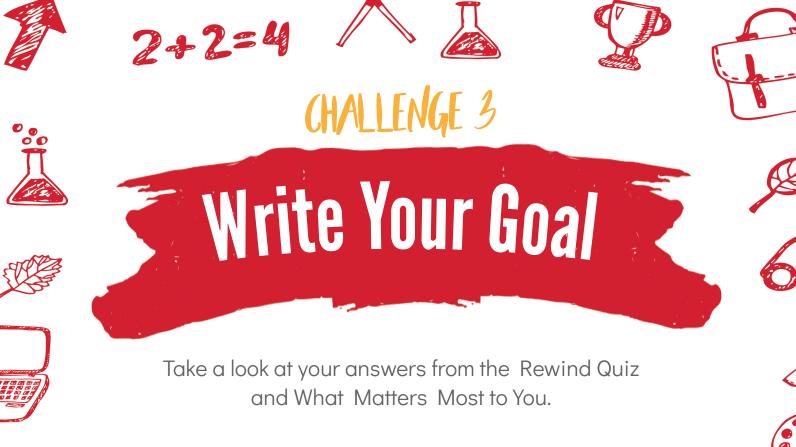












Write a goal that is one step above what you scored in the area that matters most to you.

For example, if "effort on schoolwork" is important to you and you gave yourself a "3" on the Rewind quiz for the effort question, look at the "4" answer to help write your goal.

In this case the "4" answer was "I did my best work possible"

That sounds a little extreme for me, so I'll write that my

goal is "I'll do my best work possible most of the time"

Your turn! What's your goal?

Write it down. (Ask an adult for help if you need it!)

My goal is:











It's Specific: ONE thing.

Its Measurable: You can say "yes, I'm doing that" or "no,

I'm not doing that"

It's Attainable: you're only going one step above where you are now.

You're looking for small improvement.

Now the big question: Is it Relevant?

Do you care about this goal?

Do you actually want to do better in this area?

Why do you want to do better in this area?

If you don't, this is not the goal for you. That's OK. Choose a new one.

Let's make it Timely. When do you want to check-in to see how you're doing with this goal? Choose a date one month in the future.

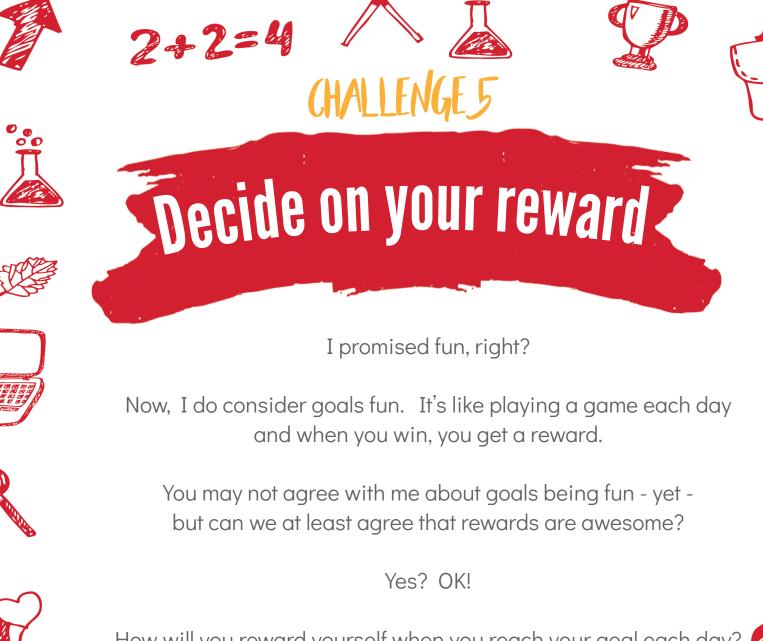
What's your date?











How will you reward yourself when you reach your goal each day?

When choosing your reward make sure its:

1) something you can give to yourself (this means check with your parents) and...

2) you can give it everyday (this means small)

I listed some possible rewards on the next page. Use them as inspiration or come up with one of your own.

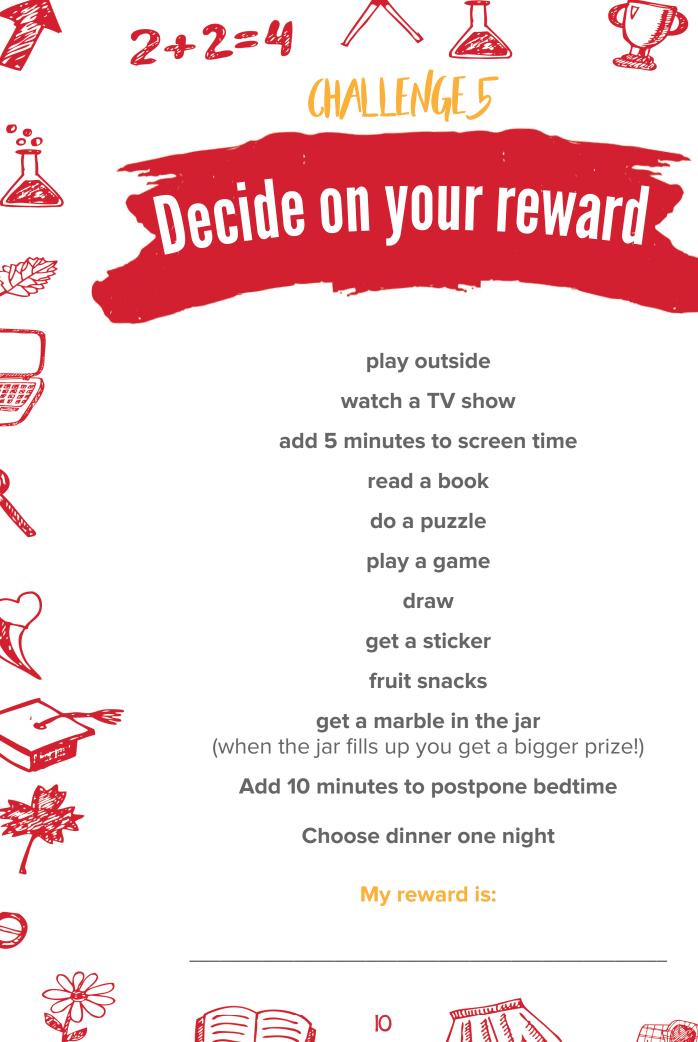


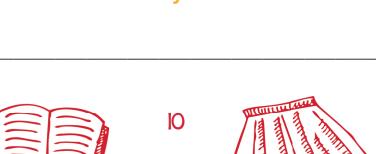


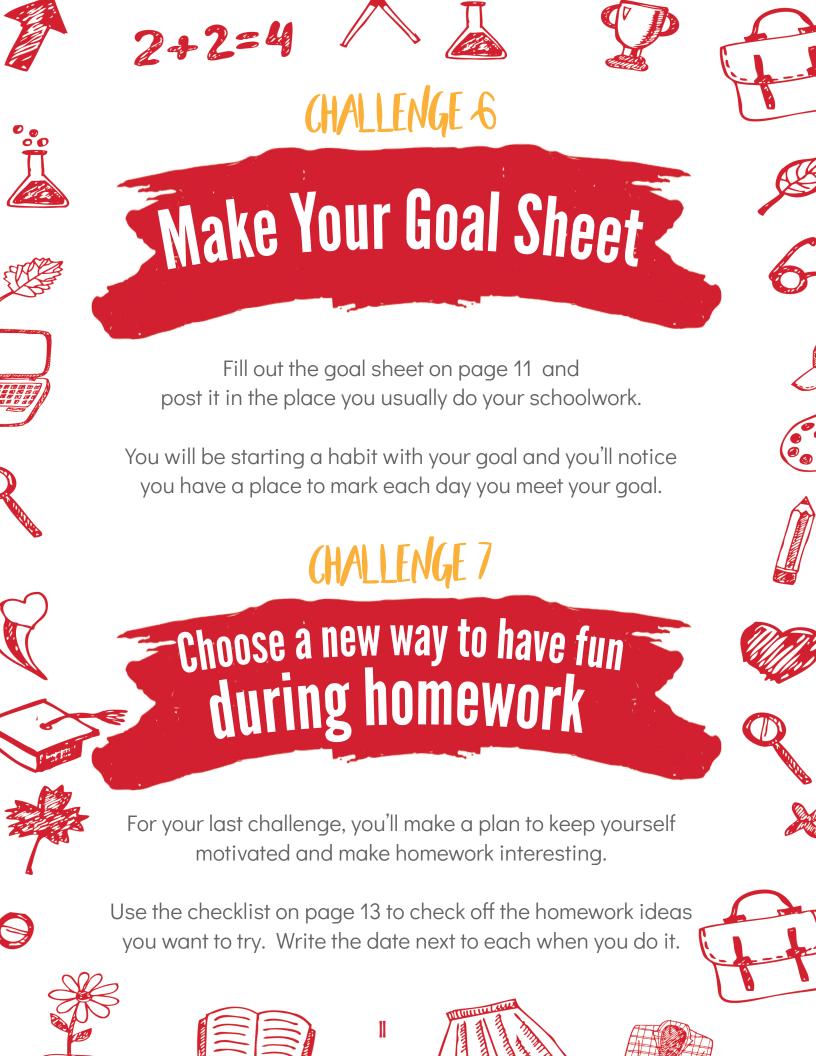












Goal Sheet



This is important to me because:

My daily reward is:

Days I achieved this goal (give yourself a star, X or sticker for each day you make your goal)

Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday

I'll work on this goal until

Homework Adeas

ractice vocabulary words in a video game (like Minecraft)
(date completed)
your answers on a window or mirror with dry-erase markers (date completed)
an be used while studying for quizzes or test, math problems, spelling
words, basically anytime that you are writing an answer)
Use Schoolhouse Rocks videos (They're on Disney+)
to help with math, english, history skills.
(date completed)
ke a word search (mywordsearch.com) for spelling words.
(date completed)
Create a movie storyboard to study history or science
(date completed)
wnload Khoot app to create games to do with your friends
(does best with 4 or more friends)
(date completed) (this can be used while
studying for quizzes or test, math problems, spelling words, basically anytime that you are writing an answer)
basically arrytime that you are writing an answer/
Set up a mini reward for each time you finish
ur homework. Perhaps its extra game time or a small treat
(date completed)
to beat the clock. Set the timer for 15 minutes and make
uess about how much work you can get done in that time.
Can you make it?