Lesson 10

What happens next?

Social & Emotional Learning lessons aimed at combatting bullying in a school environment by developing social and emotional skills of young people aged 11-14
Question

How can I continue to improve my social and emotional skills and make a positive contribution to the whole school?
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Learning objective

At the end of the session we will be able to:

➔ Identify areas of personal development and set goals
➔ Plan strategies for achieving those goals
➔ Understand the impact of what we are doing on the whole school
Lesson 10

Target group: Young people

BINGO
Lesson 10

Setting goals

Goals help us improve

→ They focus activity
→ They make us part of the school
→ They motivate and energize us
→ They help us make decisions
→ They impact on the whole school
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Target group: Young people

S.M.A.R.T.

S → specific
M → measurable
A → achievable or action-oriented (i.e. doing, not wishing)
R → realistic
T → timely
S.M.A.R.T - an example

Original idea: I want to be better at resolving arguments

→ Make it SMART:
  S → arguments with my family
  M → no more than three a week
  A → meta-moments, talk to family
  R → positively influence one argument per week
  T → by the end of the month …

→ Final goal: I will reduce the number of arguments I have with my family to a maximum of three per week. I will do this by using meta-moments and talking with my family when they are calm. By the end of the month, I will be able to change at least one argument per week.
Lesson 10

Target group: Young people

Actions for improvement

Class discussion

Which actions are:

→ Most achievable?
→ Most difficult?
→ Most successful?
→ Have the biggest impact on an individual?
→ Have the biggest impact on the group?
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Target group: Young people

Individual goals

→ Of the strategies you have seen, on which will you work personally? These will be your personal goals.

→ For each action, draw up a list of things you will do to achieve your goal.
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Closing

→ Can we make a difference?
→ How would life at school change if we all tried it?
→ What support will you need in order to successfully achieve your goals?
→ What improvements would you make to these lessons?