

Learning plan #5 TOPIC: Goal Setting and Solidarity

UNIT OF STUDY: Personal Standards and Identity

LEARNING OUTCOMES:

- USC 6.1 Analyze the factors that influence the development of personal standards and identity
- USC7.1

Establish and use strategies to commit to and act upon personal standards (see grade 6) for various aspects of daily living over which an individual has control.

- USC 8.1
Analyze and establish effective strategies of support for purposes of helping others increase health-enhancing behaviors.
-

ANTICIPATORY SET:

Dueling Chart Paper: GOAL SETTING And SOLIDARITY

- 1) Prior to the lesson, attach 2 pieces of chart paper to the board. Write *GOAL SETTING* on one piece of chart paper and *SOLIDARITY* on the other. Write the respective words vertically down the left-side of each chart paper.
- 2) Divide the class into 2 groups. Groups will line up single file in front of the chart paper.
- 3) Give the first person in each line a marker.
- 4) Ask learners to write an acrostic poem in which they explore concepts and examples from their study that begin with the letters on the chart paper.

5) When cued, the first person in each line will race to the chart and write a word or phrase.

6) The marker is then handed to the next person in line who then races to the chart to create another letter in the acrostic poem.

7) This procedure is continued until the acrostic poem is completed.

8) You might allow learners to pass if they aren't able to imagine an example right away.

9) The first group to finish their Acrostic poem "wins", but second place will also get a prize if their Acrostic poem is completed.

10) Read through each Acrostic poem, clarifying vocabulary as needed.

PROCEDURE

1) Read Article: *The Power of Goal Setting And Solidarity: Lessons of Hope from Palestine.* (below)

2) Create the Quiz (below)

Students will create the questions and the answers for a quiz that could be given on today's reading.

MATERIALS NEEDED:

Article: *The Power of Goal Setting And Solidarity: Lessons of Hope from Palestine.*(below)

For Dueling Chart Papers Activity: 2 Chart Papers, 2 Markers

Create the Quiz (below)

6-Word Summary (below)

ASSESSMENT:

Dueling Chart Paper Activity

Create the Quiz

6-Word Summary

CONCLUSION:

6-Word Summary: (below)

Students will think about the main ideas from today's reading and write 1 sentence

(6 words in total) that

summarizes what they learned.

The Power of Goal Setting And Solidarity: Lessons of Hope from Palestine.

Let's explore goal-setting and solidarity, using examples from the incredible resistance of the people of Palestine.

1) Setting Goals

You need a plan. What's your goal? Maybe it's acing that math test or becoming the best soccer player. Define it clearly, just like when folks planned protests and boycotts to support a ceasefire in Gaza, we need to make a plan.

2) Finding Role Models

Finding a role model means finding folks who are safe and show ways to advocate and support causes, such as role models who have shown up for Palestine, serving as examples for informed activism.

3) The Relationship between Solidarity and Goals

What does solidarity have to do with goal-setting? When people chose to show up for Palestine, we were not alone. We became a team, a community, and a family. That is solidarity! We get stronger by standing together, supporting one another, and sharing a similar dream.

MAKE THE QUIZ

Create the questions and answers for a quiz based on today's reading.

Questions	Answers

SUMMARY IN SIX WORDS

Consider the key points of today's reading.

A large rectangular box with a black border, intended for writing a six-word summary. Inside the box, there are six horizontal lines arranged in two columns of three. The lines are positioned at approximately the top, middle, and bottom of the box, providing a structured space for the student's response.