

Start It Now

Time: 40 Minutes (one period)

Lesson Learning Goals:

By the end of the lesson student will be able to:

- Set goals according to the S.M.A.R.T. goal setting model
- Identify barriers and challenges to achieving goals
- Identify successful strategies for achieving goals

Materials:

Everyone Jump CD (Song 5: *Start It Now*)

CD player

Song Lyrics for Song 5: *Start It Now* (at end of lesson)

S.M.A.R.T. Goal Setting Template (at end of lesson)

Lesson at a Glance:

1. Students will listen to the song while reading along.
2. Students will write a personal response using the 3Rs (Retell, Relate and Reflect).
3. Students will set goals and maintain a daily log/journal to keep track of achievements.

Other Lessons Might Include:

1. Using the chorus of the song, create a visual that will inspire people to set goals and achieve them.
2. The song identifies that "We can make the world a better place, with diabetes part of the past – it's up to you!" Have students will use these lines to write a 30-60 second persuasive speech (expository writing) and deliver it to a small group or the class.

Teaching/Learning Strategies:

Prior to the lesson, provide each student with a copy of the S.M.A.R.T. Goal Setting Template and with Song Lyrics for Song 5: *Start It Now*. Alternatively prepare these materials for overhead use.

1. Active Listening/Reflection

- a) Students will listen to Song 5: *Start It Now* while reading along and thinking about:
 - The information that is in the song.
 - The information that they have learned in the first 4 songs and activities.
 - Any other information that they would still like to learn about diabetes in the remainder of the lessons.
- b) Students will complete a personal written response (using the 3RS: Retell, Relate and Reflect) about the song.

2. Goal Setting

- a) Discuss as a class the chorus to Song 5: *Start It Now* and what it means to them.
- b) Have the students list things that they could 'start now' to become healthier. They will then set goals for themselves that will include eating healthier and leading an active lifestyle.

- c) Students will use the S.M.A.R.T. Goal Setting Template, BLM as a reference when setting their goals.

3. Action Plan

- a) Once the students have set their goals, they will keep a daily log/journal that will be reflective of what they have eaten and the physical activities they have done for one complete day.
- b) After students have completed the log/journal, the class will discuss the factors that helped them to eat healthy and be active and the difficulties or barriers they faced that made following their plan challenging.
- c) Students will examine the time commitment and organizational strategies to ensure successful completion of their goal and outline the strategies that they will use and some potential challenges that they may encounter.
- d) Have students explain the major factors that will influence the successful completion of meeting their goal and some potential challenges that they may encounter.

4. Next Steps

- a) What would your next steps be to setting goals to eat healthy and be physically active?
- b) What things would make this goal easier to achieve? What challenges/barriers do you see making it more challenging?

Song Lyrics for Song 5: *Start It Now*

In your life you'll find,
There will be many times,
When you will have to choose,
The right things you should do.
So choose to eat a little healthier,
That's the right health choice to make.
So take one step each day –
and live a much healthier way.

Start it now and then don't stop,
It may be hard but you can't give up.
It's your life so don't leave it to fate,
Start it now – why wait until it's too late!

Sometimes it's hard know,
The way that you should go
But, always keep in mind,
That it's your choice every time.
So choose to live your life actively,
That's the right health choice to make
It's time to make a plan –
and follow it the best that you can!

Start it now and then don't stop,
It may be hard but you can't give up.
It's your life so don't leave it to fate,
Start it now – why wait until it's too late!

We can all make a choice,
To shape our future health,
We can make the world a better place,
With diabetes part of the past – it's up to you!

Start it now and then don't stop,
It may be hard but you can't give up.
It's your life so don't leave it to fate,
Start it now – why wait until it's too late!

Start it now and then don't stop,
It may be hard but you can't give up.
It's your life so don't leave it to fate,
Start it now – why wait until it's too late!

S.M.A.R.T. Goal Setting Template

Is my goal...?

Specific

Is what you want to accomplish clearly defined?

Measurable

Can you measure a change to see if you reached your goal?

Attainable

Is this goal possible for you to attain?

Realistic

Is it realistic for you to follow through with this goal?

Time Frame

How long will you give yourself to attain this goal?