

# 7<sup>th</sup> and 8<sup>th</sup> Grade N.E.S.T. Plans

## New Year's Resolutions



### This Week in N.E.S.T.

In N.E.S.T., students will be participating in a couple of activities revolving around New Year's Resolutions. One activity is a print out of a board game (you will need to bring a player piece for each of your advisees.) The other activity involves having students create resolutions of their own. Lastly, students will create New Years bracelets with a motivational word for the New Year.



### Routine Reminder

Students should walk into the meeting area and answer the DAILY NEWS on the board(s), get into their CIRCLE, and listen to the morning announcements. After morning announcements, students GREET each other and then begin to check-in. Mondays are all about the CHECK-IN. It is important to really scaffold students to get them sharing as much as possible. Once each student has had the opportunity to check-in the group may begin the ACTIVITY. 5 minutes before transition, the group may REVIEW the answers on the daily news board and/or REFLECT on the activity.

### Day One

**OBJECTIVE:** Students will discuss what they did over the Holiday Break.

**OBJECTIVE:** Students will discuss plans for the week and will laugh at some New Year Puns

**Materials Needed:** ball/soft object

**Daily News: HAPPY NEW YEAR! Welcome Back. You were missed! (5 minutes)**

**2.Greeting:** Everyone Greets and is greeted (students sit in a circle)

**3.Formal Sharing/ Check-in: (15 minutes)**

- Pass a soft object (like a throwing ball) from students to student. Allow each student the opportunity to discuss what they did over the holiday break. As the advisor, please share some details about your break as well.
  
- Say: It was great hearing how you spent your NEW YEARS! To learn how other people around the world celebrate the coming of a new year, we will watch a video (or review an infographic.) If you or anyone you know have any NEW YEAR traditions- share them with your NEST (*i.e.- Ms. Blair and her family eat 12 grapes at midnight and make we make a wish after eating each grape*)
  - [Watch this video](#) to learn how people around the world celebrate New Year OR
  - Review this [infograph](#) to show students a variety of New Year's traditions from different countries around the world.
  
- Discuss Plans for this week:
  - This week we are going to take some time to reflect on 2021 and what we envision for 2022! On Wednesday we will play a game together that gets us started on thinking about what our resolutions can be. On Thursday, we will complete a worksheet that guides us on reflecting and putting our thoughts on paper. You can bring this worksheet home and post it on your wall as a reminder and encouragement in working towards your hopes and dreams in 2022. On Friday, we will create New Year bracelets to help us set focus to our new year of opportunities.

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**4. Review Daily News and Discuss: (5 minutes)**

**Ask the following questions to guide students in reflection:**

- No review today as it was part of the lesson.

## Day Two

**Objective:** Advisees will play the “New Years Resolutions game” which will help them in creating their own resolutions.

**Materials Needed:**

Board games (1 for every group of 4 students. Download the board game in **Supporting Documents**)

1 coin per group.

Game pieces (one per student)

A large sheet of paper (or poster) for each group

A graphic organizer for each group- Found in **Supporting Documents**

Article: “The New Year Begins with Some Resolutions”- Found in **Supporting Documents**

1. **Daily News:** Have you ever made a New Year’s resolution?

2. **Greeting:** Everyone Greets and is greeted (students sit in a circle)

3. **Formal Sharing/ Check-in:** Whip check in...(5 minutes)

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4. **Activity: New Year’s Resolutions**

1. Introduce New Year’s Resolutions by reading the article “The New Year Begins with Some Resolutions” as a N.E.S.T. ([Click Here for the article](#))
2. After reading the article, ask students to identify three resolutions from the reading.
  - Example answers can include: Graduate from Master’s Program, be healthy and happy, find a teaching job, world peace, lead a humanitarian trip to Haiti, do more artwork, get a girlfriend
3. After reading, brainstorm with the class ideas for personal resolutions – How can we improve ourselves? What resolutions do you have? Write their ideas on the board. Try using pictures below to help generate ideas.



4. Explain the New Year’s Resolutions Game
  - After writing several ideas on the board, introduce the game. Demonstrate the game with the entire N.E.S.T. Using the example prompt at the bottom of the game board, play several rounds with the entire N.E.S.T. to help them understand the basic rules of the game.
  - New Year’s Resolutions Game Rules
    1. Students form groups of 4.
    2. Each student chooses a game piece to represent him or herself in the game. It can be a button, an eraser, a pencil, etc.
    3. The game begins at the green “Start” square.

4. Each student will flip a coin. If the coin shows “heads,” the student moves 2 spaces. If the coin shows “tails,” the student moves 1 space.
5. Each student will flip a coin and move the appropriate number of spaces.
6. The student will read the question based on the example at the bottom of the game. (What will you do for ...? And how?)
7. The student will answer the question with their own response.
8. The game continues until the players have reached the finish square or time runs out.
9. Each group will select the 4 most interesting resolutions from their game to share with the class which they will write on a large sheet of paper (or a poster). If time permits, students can decorate the posters.

### 5. Review Daily Quote and Discuss:

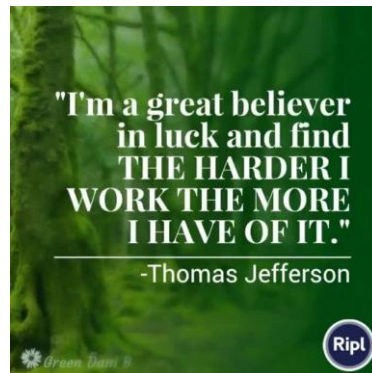
#### Guide students in reflection:

- Do you want to share what your past resolution was?
- How did you keep your resolution all year?
- Do you think writing your resolution and revisiting it will help you keep your new year’s resolution?

## Day Three

**Objective:** Advisees will complete a New Year’s Resolution Place Mat

**Materials Needed:** Copy of placemat, colored pencils, pencils



1. **Daily News:** Do you believe in luck?

2. **Greeting:** Everyone Greets and is greeted (students sit in a circle)

3. **Formal Sharing/ Check-in:** Whip check in...(5 minutes)

4. **Activity:** New Year’s Resolutions

- **Share some funny (yet corny) puns with students:**

- Say: *As we have discussed, New Year’s Day traditionally is a time for reflection. We like to spend the day thinking about the past year and making resolutions for the year to come. Of course, some years, we’re ready to move on and not look back! And that’s certainly the case with 2021. We’ve never been quite so ready to flip the calendar to welcome a new year and be hopeful about the*

months to come. And while we reflect on 2021 and prepare for what 2022 has in store, we could really use a laugh.

- Share some New Year puns with your N.E.S.T. group:
  - What is a New Year's resolution? Something that goes in one year and out the other.
  - What is corn's favorite holiday? New Ears Eve.
  - What's a cow's favorite holiday? Moo Year's Eve
  - They say New York City has the best New Year's celebration, but I say it's overrated. Every year they drop the ball.
  - Some astronauts wanted to have a New Year's party on the moon, but they didn't planet in time.
  - What do farmers grow on January 1? New Year's Hay.
  - What's the luckiest band to listen to on New Year's Day? Black-Eyed Peas
  - This New Year's, try not to make any pour decisions.
  - Why do you need a jeweler on December 31? To ring in the New Year.
  - What does the little Champagne bottle call his father? Pop!
  - What did the kids say about the fireworks on New Year's? They were a blast.
  - Why did 2021 go by in a blur? My resolution must've been too low.
  - Where did the chef celebrate New Year's? Thyme's Square.
  - What did the bull say on January 1? Happy New Steer.
  - Why did the woman start making breakfast at 11:59 p.m. on December 31? She wanted a New Year's toast.
- After getting some time to laugh together (or some adolescent eye rolls at the mom-jokes), show students the Resolution Placemats.



Review each section of the placemat with students. Ask students if they have any questions on how to complete the worksheet. Once all students understand the assignment, distribute the placemats to your NEST advisees.

- Once completed, sit in a circle, and have students share their work with their N.E.S.T. family members.

## 5. Review Daily Quote and Discuss: Guide students in reflection:

- Do you think some people are just lucky and reach their goals without any hard work OR Do you think it takes planning and hard work to reach your goals?

## Day Four

**Objective:** Students will create vision beads.

**Materials Needed:** beads and string

**1. Daily News:** Who were the first people in history to celebrate the New Year and to make New Year's resolutions? Around 4000 years ago the Babylonians were the first to celebrate New Year's. Their most common resolution was to resolve to return borrowed farm equipment in the New Year.

Read more: <http://www.riddlesandanswers.com/puzzles-brain-teasers/new-year-jokes-riddles/#ixzz69dKJ9PpN>

**2. Greeting:** Everyone Greets and is greeted (students sit in a circle)

**3. Formal Sharing/ Check-in:** Whip check in...(5 minutes)

**4. Activity:** Inspirational Word for 2022

1. Thank students for all their work in reflecting and in creating resolutions for 2022. Share with them how much you hope all their resolutions are reached in 2022. Remind students that you are there to help them with anything.

2. Remind students that in a year a lot happens and often times we are distracted and forget what we have set for ourselves to achieve in 2022. Tell students that to help them in remembering their resolution, you want them to make something that can bring them back to focus during those distracting times. Today students will work on making bracelets with a word that can bring them back to the first week on 2020 when everything felt fresh and we felt the enthusiasm of the new year.

3. Making Bracelets:

a. Provide this list to students: Determined, Focus, Love, Grateful, Peace, Professional, Hope,

Abundance, Enough, Wroth, Powerful, Pause, Extraordinary, Acceptance, Dream, Balance,

Inspired, Contribution, Fearless, Grounded, Achieve, Learn, Valuable, Now, Yes, Confidence, Brave, Bliss, Bloom, Listen, Playful, Health, Growth, Mindset, Change, Strength, Purpose, Attention, Generosity, Mindfulness, Self-love, Light, Adventure, Grace, Enjoy, Believe, Family, Trust, Connect, Persevere, Minimalist, Friendships.

- b. Have students select ONE word to define their attitude in 2022
- c. Pass out the number of letters in beads to each student (i.e. focus - 5 beads)
- d. Have students write each letter of the word on each of the beads.)
- e. String the beads and make a bracelet or a keychain.

If time permits- play one of these games as an energizer/team-builder:

### **7th Grade Game: All Aboard**

Take a large sheet and spread it on the floor. Have all the students stand on the sheet together. Once they have done this fold the sheet to make it smaller. Again, have all the students get on the sheet. Continue this process. Eventually, the sheet will be so small that the students will need to use a great deal of cooperation, teamwork, and ingenuity to get the whole class on the sheet without anyone falling out/off the sheet

### **8<sup>th</sup> Grade: Ah, Um Game**

Goal: Kick the “ah, um” habit and avoid these words in natural conversation.

Objective: Avoid saying the taboo words “Ah”, “Um”, “Like”, or “You Know”.

Materials:

- List of topic ideas
- Timer/watch

Procedure:

1. Separate everyone into groups of about three or four. A person must talk to their group about a certain topic for one full minute without saying the following taboo words: “Ah”, “Um”, “Like”, or “You Know”. If the person does not say the taboo words in the round, then the person can move to the second round. If they accidentally say

a taboo word, then it'll be the next person's turn.

2. Have one person in each group volunteer to be first. Use the timer/watch to track a minute and announce one of the topics listed below.
  3. Afterwards, have a different person from each team volunteer to go next and repeat the same exercise as above.
- The people who avoid saying the taboo words are the winners of the game.

List of Topic Ideas:

- Favorite Movie
- Favorite Animal
- Best Gift
- Favorite TV Show
- What did you do last week?
- Summer Activities
- Birthday Party
- What would you do with \$10,000?
- What do you want to be when you grow up?
- What is your favorite activity?
- What is your favorite dessert?

5. Review Daily Quote and Discuss:

Guide students in reflection: See answer above.