

N.E.S.T. Plans

New Year Resolutions

Grades 5 and 6



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 to have students reflect on 2021. The other activity involves having students creating resolutions for 2022.

If time permits, I included a teambuilding activity to allow students time to work with their peers.

Routine Reminder

Students should walk into the meeting area and answer the DAILY NEWS on the board(s), get into their CIRCLE. After Circling Up, 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.

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Materials Needed: ball/soft object

Daily News: Did you watch the count down on tv? If so, what channel (Univision, ABC, NBC, etc.) (5 minutes)

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

Formal Sharing/ Check-in: (15 minutes)

- Allow each student the opportunity to discuss what they did over the holiday break.
- Review DAILY NEWS.
 - Say: “This week we are also going to make team resolutions, personal resolutions, and resolutions that will improve our Segue community. A new year is a great time to make resolutions. A New Year’s Resolution is a promise to yourself to improve your life in some way. You can improve your life by starting something new, by trying harder at something, by cutting down on something, or even quitting something. We made goals and goals are resolutions. Therefore, we can look at our academic goals and add “resolutions” we would improve our personal lives and our community.”

Example of healthy resolutions are as follows:

1. **Health Resolutions:** eat less junk food, exercise more, get better sleep, floss daily
2. **Academic Resolutions:** ask more questions in class, set up a homework routine, keep school materials organized
3. **Relationship Resolutions:** be a better listener, stop gossiping, spend more time with family/friends, remember birthdays, spend more time with playing with a pet
4. **Personal Growth Resolutions:** learn a new language, sport, craft, hobby or skill, spend less time on

devices

- Tell students to begin thinking of 3 resolutions -one that improves their personal life, one that improves their role in N.E.S.T. and another that improves the community of Segue.

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 reflect on 2021. Advisees will learn about resolutions and why it is a good idea to make them.

Materials Needed: Thankful for 2021 Worksheet- Found in Supporting Documents

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

1. **Daily News:** What do you tell someone you didn't see at New Year's Eve? (I haven't seen you for a year. Ha!)
2. **Greeting:** Everyone Greets and is greeted (students sit in a circle)
3. **Formal Sharing/ Check-in:** Whip check in...(5 minutes)
4. **Activity:** Reflecting on 2021

Reflecting on 2021 Procedure:

1. Share with students your own experiences in 2021. Begin by using one word to describe 2021 and then give your advisees some reasons why you selected that word.
2. Tell students why it is important to reflect on their previous year. Share how each year marks a new beginning with endless opportunities.
 - o Say: Reflection is the stickiest glue for the brain. When students and teachers take time to consider what they have learned and how they have grown, the learning is longer lasting and much more impactful. As John Dewey has written, “We do not learn from experience...we learn from reflecting on experience.” Reflecting on your own progress allows you to build skills in critical thinking. You use what you learned from your experiences to do something differently or to build on something you did well.
3. Students will reflect on 2021. Pass out the 2021 worksheet.

The worksheet is titled "My 2021" and contains several sections for reflection. At the top right, there are two small boxes labeled "By:" and "Age:". Below these are four larger boxes: "Best Movie" (with a star icon), "Best Memory" (with a star icon), "Me" (with a star icon), and "3 things I learned" (with a pencil icon). Below these are two more boxes: "Best Book" (with a star icon) and "Best Song" (with a star icon). At the bottom, there is a large box labeled "2021 was" with a star icon.

The final prompt on the worksheet will ask students to select one word to describe 2021. Here are some describing words to share with students that may help:

Determined, Focus, Love, Grateful, Peace, Professional, Hope, Abundance, Enough, 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.

4. Give students the opportunity to share what they wrote- have each student share their describing word for 2021.

5. Introduce New Year's Resolutions by reading the radio transcript titled: "The New Year Begins with Some Resolutions" as an N.E.S.T. ([Click Here for the article](#))

6. After reading the radio transcript of radio listeners sharing their resolutions, 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.

7. Ask students why they think making resolutions is a tradition? What is it about the new year that gives us a sense of a fresh start? (Discuss)

- Share with students that people worldwide make resolutions to improve their lives. Some stick with their resolutions others do not. Motivation and discipline are two things we need to stick with our resolutions. Therefore, it is important to create resolutions with purpose. First, think what improvements we want to make in our lives and then think- why do I want to do that and lastly, how am I going to do that? Having someone to share a resolution with helps stick to it as well as they can be someone who can hold you accountable and you can hold accountable too think of that person as a resolution buddy. Tell students that tomorrow they will be working on making resolutions of their own.

5. Review Daily Quote and Discuss:

Guide students in reflection: Answer in parenthesis above.

Day Three

Objective: Students will write down their new year's resolution.

Materials Needed: New Year's Resolution sheet

1. Daily News: Put a check mark next to a new year's resolution that interests you:

- Get Fresh Air more often
- Try something new
- Take time to breathe
- Sleep More
- Take a step away from the screen
- Be Better at _____

(5 minutes)

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 for 2022!

Procedure:

1. Remind students about what they worked on yesterday. They did some work on reflecting on last year.

Tell students that today they will be working on moving forward and thinking about how to make 2022 amazing!

2. Show students this video: <https://www.youtube.com/watch?v=GQOcEDD5hR8>

3. Begin a group discussion. Ask one of the following questions at a time and ask students to answer them.

1. What moments in 2021 were you most proud of (inside and outside of school)?

a. Were those moments of pride preceded by hard work?

2. What moments were you happiest in 2021? Hopefully there is somewhat of a correlation between the questions, and your tween will see that.

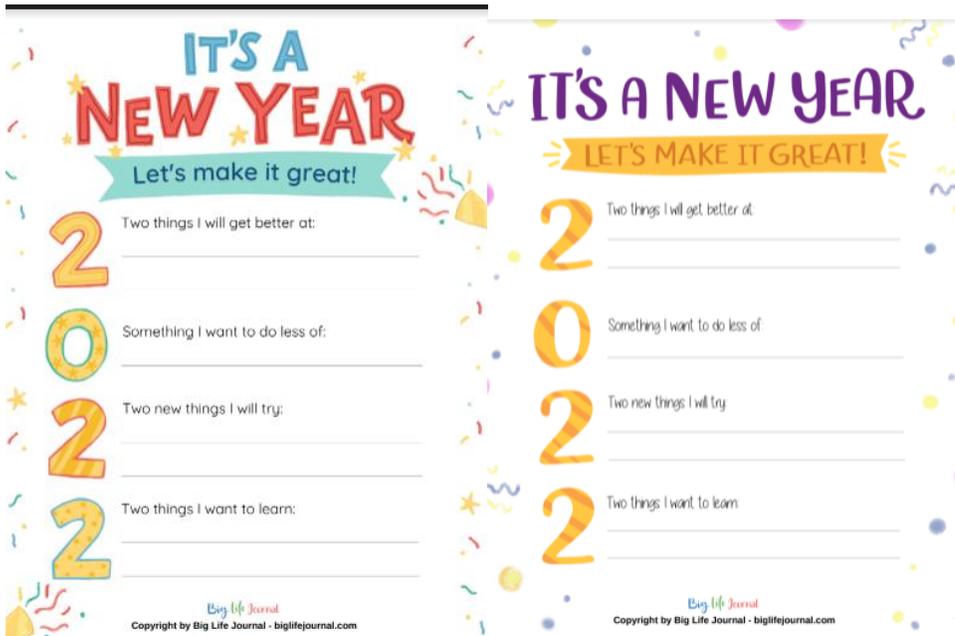
3. What did you learn about yourself in 2021?

4. How can you use those new-found skills and/or traits in 2022?

5. What could you do in 2022 that would make you both happy and proud of yourself?

6. How can I help?

o Pass out double sided sheet to each student:



o Once students complete the worksheets, Play “Resolution Charades”

Resolution Charades Procedure:

o Have students pick one of their personal resolution for the New Year. Once everyone has selected one to focus on, call up volunteers from the class, one at a time, to come up to the front of the room and act out their resolutions without speaking. The rest of the class should yell out the resolution. Coming back to school after the holiday break, students are often lethargic; this is a good activity to get students moving and thinking about personal goals.

Display these resolutions somewhere in your N.E.S.T.

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, 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:

Game: Stranded on an Island

A teambuilding activity that asks people to identify what object they would bring if they were to be stranded on a deserted island. Each person discusses why they brought the object. Within groups, people decide how to improve their chances of survival by combining various objects.

Materials required: Paper and pen, if desired.

Stranded on an Island is a useful team building activity to help people get to know each other better. Split your group into 2 groups of 5-6 students and give the following instructions:

“Unfortunately, you will be relocated and stranded on a deserted island for an indefinite amount of time. You may only bring one item to the island, and you only have a few minutes’ notice. What will you bring? Share with your group your object, why you chose it, and what you plan to do with it.”

Have each person briefly share their item, why it is important to them, and what they plan to do with it.

After everyone has shared, instruct the groups to figure out how they can improve their chances of survival by combining the items in creative ways.

Allow ten to fifteen minutes of brainstorming time, and then have each group present their ideas.