



## Teaching Progression:



### Step 4: Look Back & Learn

#### REFLECTION QUESTION(S):

- Did I ask for help while working to reach my goal? Why or why not?
- Why did I reach my goal? / Why didn't I reach my goal?
- What am I proud about?
- What do I wish I had done better?
- What made it hard for me to reach my goal?
- What would I do differently next time?

#### GUIDING QUESTIONS:

How did I reach my goal? What can be hard about reaching a goal?  
How do I know if my goal was the right one for me?

#### NHES PERFORMANCE INDICATORS:

(6.2.1) Identify a short-term personal health goal and take action toward achieving the goal.

#### VALUABLE VOCABULARY:

*reach,*  
*achieve,*  
*goal,*  
*success*



#### SUGGESTED LEARNING ACTIVITY 1:

Prompt students to look at the goal they created at the start of Step 2. Ask students to flip their paper to the back side. Have students write 'Yes' or draw a symbol that shows if they achieved their goal (e.g. plus sign, smiley face). Have students write 'No' or draw a symbol that shows if they did not achieve their goal (e.g. minus sign, sad face).



#### SUGGESTED LEARNING ACTIVITY 2:

Ask students questions that will help them understand the importance of looking back on their progress in working toward a goal. For example ask the following questions:

- Did I ask for help while working to reach my goal? Why or why not?
- Why did I reach my goal? / Why didn't I reach my goal?
- What am I proud about?
- What do I wish I had done better?
- What made it hard for me to reach my goal?
- What would I do differently next time?

Ask students to share their reflections aloud about their individual goals. Celebrate students for naming the specific reasons they did or did not reach their goals. Remind students that reflecting, or looking back, at the goal and how they worked to reach it, will help them create strong goals in the future.

See Next Page For Teaching Notes.

#### Language of Health Literacy:

*I reached my goal because \_\_\_\_\_.*

*\_\_\_\_\_ helped me reach my goal.*

*I did not reach my goal because \_\_\_\_\_.*

*\_\_\_\_\_ got in the way of me reaching my goal.*

*\_\_\_\_\_ made it hard for me to reach my goal.*



## Teaching Progression: Step 4 | Look Back & Learn (Cont.)

### TEACHING NOTES:

- Provide many opportunities for students to answer these questions.
- Allow students to reflect in a variety of modes, including: through drawing, writing, partner discussion, whole-class discussion, and one-on-one conferencing.
- Model this reflection process for a goal you have created and worked towards.