



WEEKLY TO-DOs

PREPARATION

- A** Download and print copies of the “Weekly To-do List” worksheet for each student in your class.
- B** Provide students with pencils.
- C** Suggestion: Do this activity on Monday morning to kick off the week!

ACTIVITY

- 1** Start the activity with a class discussion.
 - How are you feeling today? How are you feeling about this week? Anything you are looking forward to?
- 2** Discuss what goals are and why it’s helpful to set them.
 - Can anyone explain what a goal is?
 - Does anyone have a goal for today?
 - Does anyone have a goal for later this week?
 - Why is it helpful to set goals?
- 3** Explain to-do lists;
 - What is a to-do list?
 - How can a to-do list help us?
- 4** Complete activity. Encourage kids to find something they want to accomplish each day of the week. Can be big or small. They can write their goals or draw them.
- 5** Post-activity discussion:
 - What are you most excited to complete on your list? Why?
 - What are you least excited to complete on your list? Why?
 - Is there something on your list you can do soon?
 - Is there something on your list that is the same as a friend?
 - What can you do to make sure you do the items on your list?
- 6** Repeat each Monday as part of your weekly routine



WEEKLY To-DOs

Create a to-do list of things you want to accomplish / get done!



1 _____

2 _____

3 _____

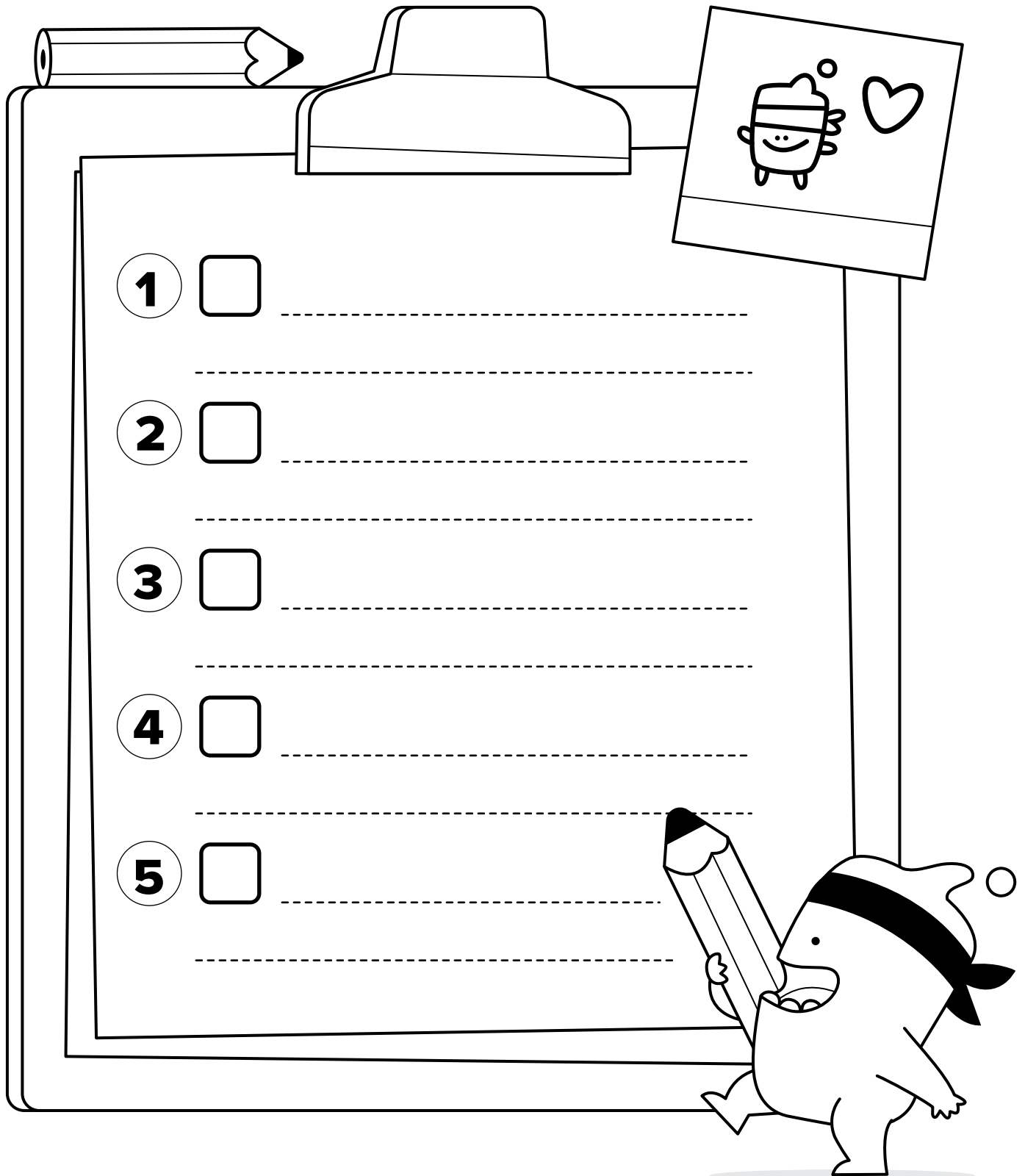
4 _____

5 _____

Name:

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Name: