


Back to School

Goals

- To help students recognize and express feelings about returning to school
- To set goals for the coming year



NAME _____

I'm back to school and I'm _____
excited about _____

I can't wait to _____

I'm worried about _____

I don't want to _____

My goals for this year are _____

Overview:

Students talk about their hopes, fears, goals and dreams for the coming year. They complete a “Back to School” feelings inventory and then save it to review later in the year.

Materials

- “Back to School 1” template (features girl) and/or “Back to School 2” (features boy)

Directions

1. Ask students how they feel about returning to school. Ask them what they’re excited about, what they look forward to, what worries them, and whether there’s anything they don’t want to do at all.
2. Tell each student to think about his or her own feelings and then complete the “Back to School” feelings inventory.
3. Have students save their Back to School feelings inventory in a safe place, or collect the forms to save for students. Later in the year, have students review the forms. Ask if their feelings have changed. If so, how? Are they making progress towards their goals? What can they do to move closer to achieving them? If you want, do this follow-up in January to help students reconsider their goals and make New Year’s resolutions.

Stationery Studio Extensions

- Ask students to choose an appropriate *Stationery Studio* border or shape and write about one of their hopes, dreams, fears, or goals.
- At the end of the semester or year, have students create certificates for themselves to acknowledge a fear they overcame, a goal accomplished, or something else for which they are proud. They might want to use the “Award”, “Certificate”, or “Star” designs from the original *Stationery Studio* collection, or any other border or shape that appeals to them.