



Homeroom Virtual Learning

8th Grade Homeroom

May 13, 2020



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Lesson: May 13th

Essential Question: What habits or skills are important for me to be successful?

Wednesday Quick Check.

**Take a look at your goal from Monday. Are you on track?
Complete the left column today.**

Questions/Main Ideas:	Notes
Wednesday Quick Check	My SPECIFIC goal is:
How are you doing with your goal	
from Monday?	
Meeting (circle one) Not Meeting	
	I will know I have reached my MEASURABLE goal because...
If you are meeting your goal, what do you need to continue doing to make sure you will meet your goal by this Friday?	
	To ACHIEVE my goal I will do these 3 things:
If you are not meeting your goal what do you need to do differently to meet your goal by this Friday ?	This goal is RELEVANT and important to me because...
	I want to accomplish this TIMELY goal by:

WE ARE IN THE LAST SEMESTER OF 8TH GRADE. YOU WILL BE IN HIGH SCHOOL SOON. WHO DO YOU WANT TO BE? WHAT DO YOU WANT TO ACCOMPLISH?





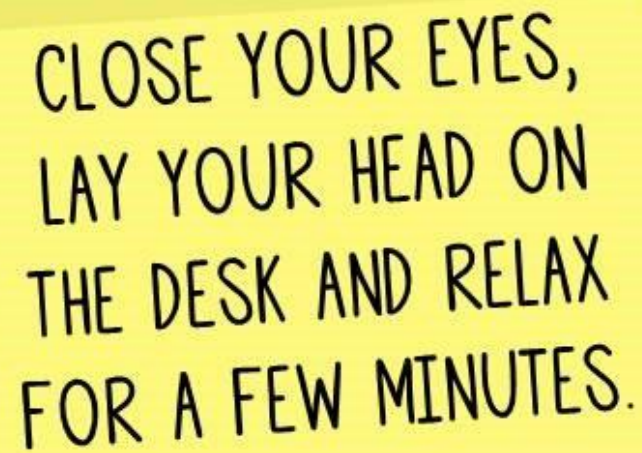
What goals do you want to accomplish to be your best self?

What skills do you need to accomplish these goals?


Which of the skills listed above do you currently have?

Which habits do you currently have that distract you from accomplishing these goals ?

WELLNESS WEDNESDAY



CLOSE YOUR EYES,
LAY YOUR HEAD ON
THE DESK AND RELAX
FOR A FEW MINUTES.



This activity can
calm your mind, give
some of your
neurons a break and
help your muscles
and organs relax.

