



SOCIAL EMOTIONAL learning RESOURCES



Pearl River Middle School

Monthly Theme (January): Goal Setting

Important Dates:

- Celebration of Life Month (All Month!)
- Motivation & Inspiration Day (Jan. 2)
- International Mind, Body & Wellness Day (Jan. 3)
- International Day of Acceptance (Jan. 20)
- No Name-Calling Week (Jan. 20-Jan. 24)



What are we doing at PRMS to promote Goal Setting?

Middle School students will have Advisory Day on January 6th & January 20th talk about goal setting & managing stress.

Ways you can promote and model Goal Setting at home:

Goal Setting tools are a great way to help you set goals, keep track of, and stay focused on what you're trying to achieve. Some examples include:

1. A handwritten diary or journal tracking your goals and smaller daily achievements
2. Using your cell phone to set daily reminders or countdown apps to help with meeting deadlines & keep you motivated
3. Motivational notes and posters set around your home as friendly reminders
4. Telling your children what you're working towards (builds connection)
5. Visualization activities including meditation, positive affirmations, and mindfulness

