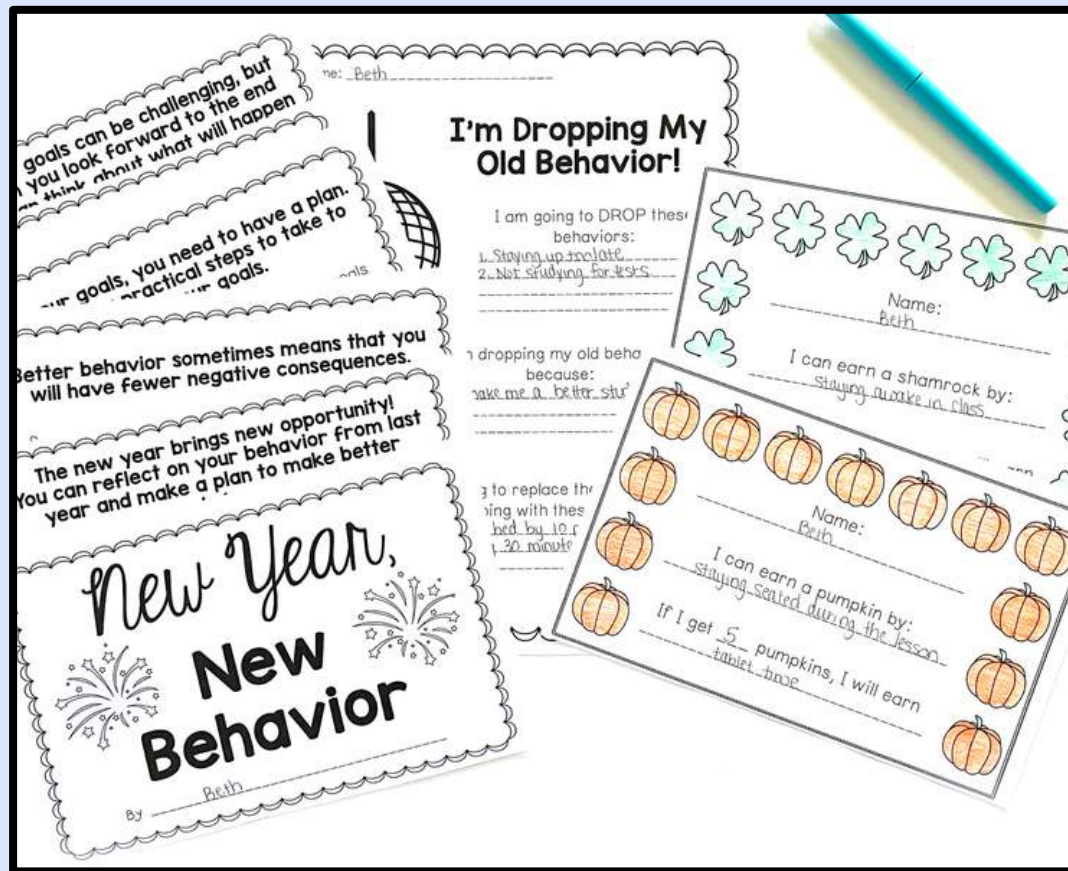


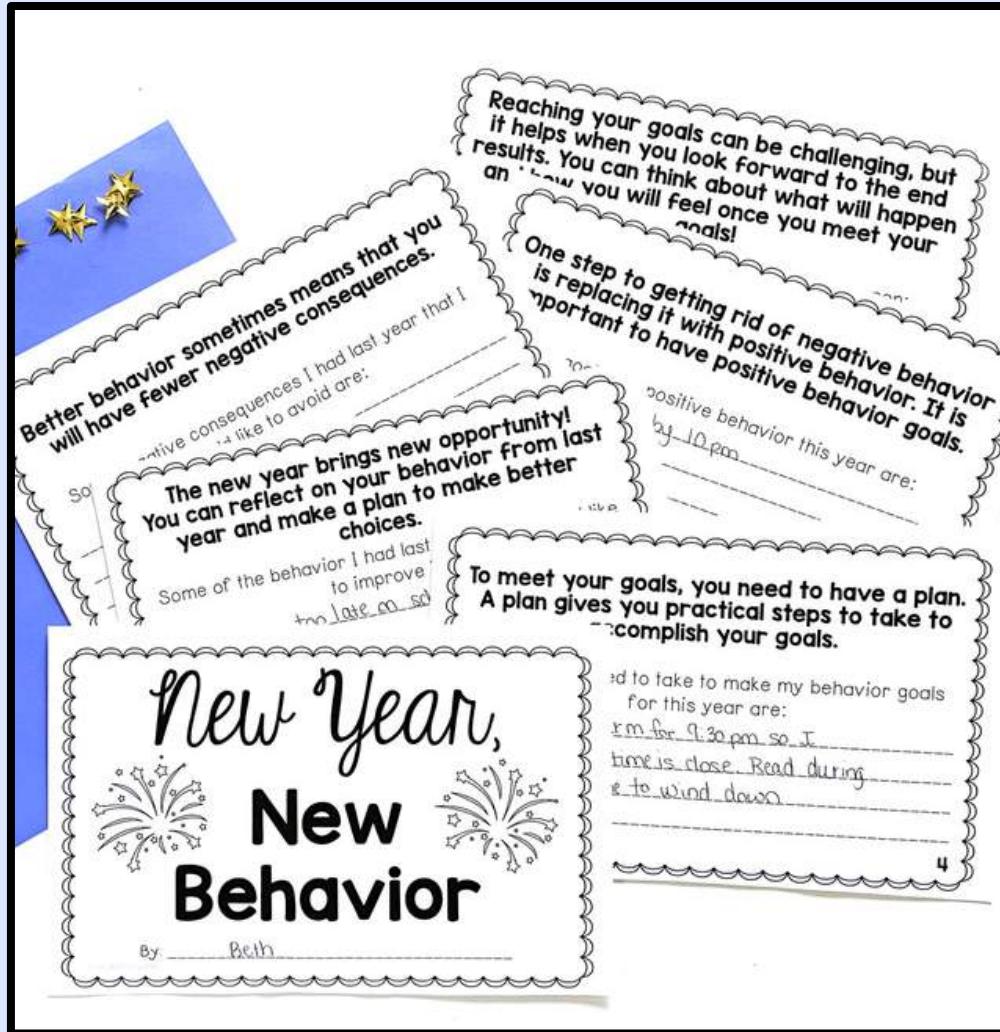
Use these New Years activities to help students set and reflect on behavior goals!



Perfect for:

- Individual counseling
- Positive behavior small groups
- January counseling lessons
- Using in classrooms of students with behavioral needs

6 PAGE BOOKLET




Use this booklet to help students identify and reflect on their behavior goals.

Prompts will encourage students to think about what they want to change, why they want to change it, and how they can take practical steps toward their goals.

WORKSHEET

Name: Beth



I'm Dropping My Old Behavior!

I am going to DROP the behaviors:

1. Staying up too late
2. Not studying for tests

I am dropping my old behaviors because:

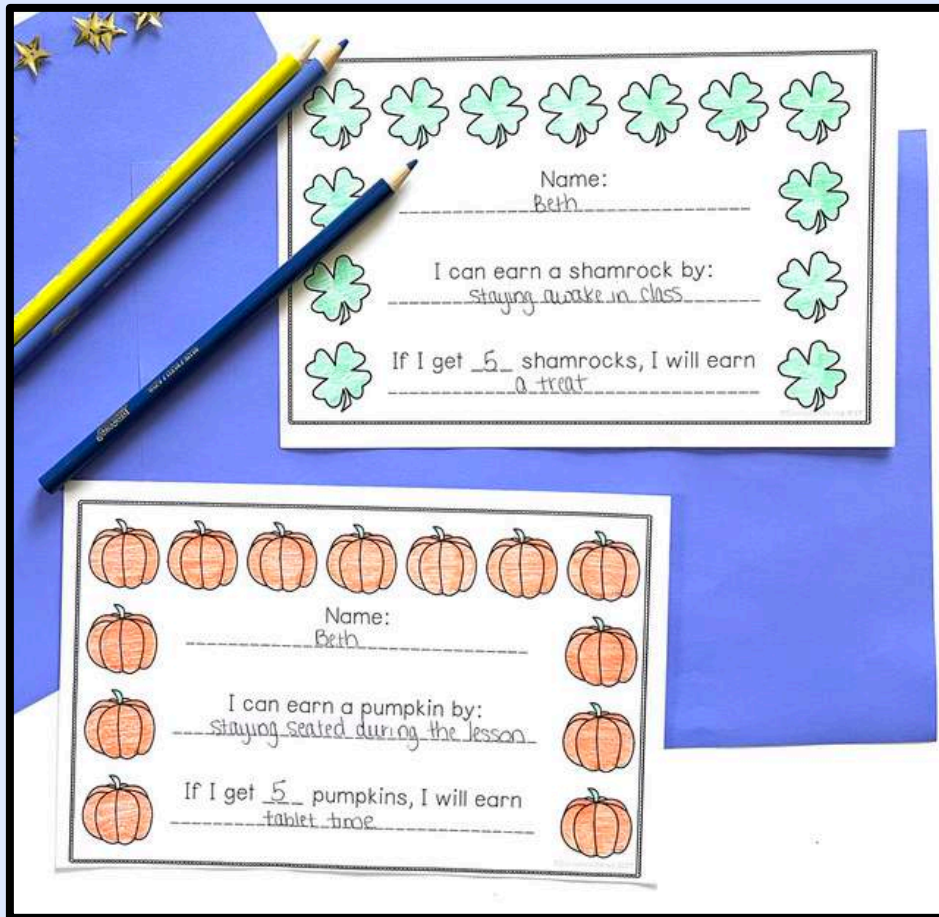
It will make me a better student

I'm going to replace the behaviors I'm dropping with these behaviors:

1. Going to bed by 10 pm
2. Studying 30 minutes every day

Students will think about which behaviors they want to “drop” and which behaviors they want to have instead.

POSITIVE REINFORCEMENT CHARTS



Includes 12 positive reinforcement charts. Each chart has a seasonal theme that will keep your students excited all year long!

GOOGLE SLIDES

These positive behavior activities are also provided in a digital format to support educators doing distance learning or looking to incorporate technology into their lessons!

I'm Dropping My Old Behavior!

The behaviors I'm going to drop are:
Insert Text Here

I'm dropping my old behaviors because:
Insert Text Here

I'm going to replace the behaviors I'm dropping with these behaviors:
Insert Text Here

Delete this box to show a flower!

Delete this box to show a flower!

Delete this box to show a flower!

Delete this box to show a flower!

Delete this box to show a flower!

Delete this box to show a flower!

Delete this box to show a flower!

Delete this box to show a flower!

Delete this box to show a flower!

Name: _____
Type Here

I can earn a flower by:
Type Here

If I get # _____ flowers, I will earn:
Type Here

WHAT OTHERS ARE SAYING

“Worked wonderfully for individual students needing to set new goals. Easy to follow, and great visuals. Thank you!”
–Page P.

“I love starting off the new year after winter break with a reflection/goal setting lesson. This one is perfect. Thank you.”
–Erika L.

“This was a good resource to use with all of my students with tough behaviors. We would sit down and develop this together. It helps build that relationship with the student.”

WANT MORE WINTER RESOURCES? BUNDLE & SAVE!



These activities are a part of a bundle that includes 12 winter themed SEL and counseling resources. They will help you celebrate Christmas, New Year's, Valentine's Day, and the winter season with your students!

SEE THE BUNDLE HERE