



## The Goal Bag

We talk a lot about setting goals in our school family. Goals help us focus and give us direction-it strengthens and helps build brain power!. We make daily and weekly goals ("We'll line up from the playground quickly", "We'll use our best manners in the lunchroom", etc.) and long term goals ("We'll use spaces in between words at Writing Workshop."). We encourage and help each other to do our best to meet those goals.

The new year brings about lots of resolutions, or goals, and lots of enthusiasm to meet them. Please take a few moments and talk together about your new year's goals or resolutions-individual and family ones. If you would, share your thoughts in the enclosed "Goal Journal". Return the bag after two nights so other families can share in this experience too. Thanks for your help-Happy Goal Making!