



# Goal Directed Behavior

## second step

### ABOUT COMMITTEE FOR CHILDREN

SEL Academic Integration Activities are designed for K–8 classroom teachers. These simple activities integrate self-regulation and social-emotional concepts and skill practice into academic areas (literacy, math, science, social studies, fine art, music, and physical education). The activities are adapted from Second Step: Skills for Social and Academic Success.

# Language Arts and Social Studies, What are Your Goals

By: Second Step



## Language Arts and Social Studies

### What Are Your Goals?

Have students keep a daily journal for two weeks. During the first week, have students make at least one entry per day about a goal for their future (either immediate or long-term), why that goal is important to them, and what they might do to accomplish that goal. During the second week, have students make at least one entry per day about the status of the goals they made the first week, including what they are currently doing to accomplish those goals.

**Excerpted from:** Academic Integration Activities in *Second Step* Grade 8, Lesson 12: Identifying Future Goals. This lesson is part of a sequence of lessons on substance abuse prevention.

**second step**  
Early Learning–Grade 8

The research-based *Second Step* program teaches students social-emotional skills that help prevent problem behaviors; build safe, supportive schools; and empower success.