

WELCOME!

I'm so glad you're here!

Hi there! My name is Aly, but my favorite people call me Mrs. Franklin! I am a middle school resource room teacher in Michigan. I spend my time teaching special education math intervention classes, cotaught math intervention classes, and coteaching 6th, 7th, and 8th grade math classes!

My goal with creating Middle School in the Mitten was to share engaging and time saving resources and ideas with busy, world changing teachers like you! All of the activities that are found in my Teachers Pay Teachers store were created for and used with my own students. In fact, I began my TPT journey in 2017, when I shared my first few sets of digital task cards that I was creating for my caseload students!

Thank you for your download and support! I created this activity to use with my own classes on our first day back from winter break. I hope they make your transition back to school a little easier!

If you have any questions, please feel free to send me an email at middleschoolinthemitten@gmail.com, and I will try my best to help!

- Aly

NEW YEARS RESOLUTION ACTIVITIES

how I use it in my classroom!

I love the idea of starting fresh in the New Year! I make so many goals myself - which got me thinking about how impactful goal setting can be with my students as well! So, I created these activities to inform my students about the types of resolutions and to guide their goal setting as a way to help ease my students back into the school routine while emphasizing the idea of a fresh start.

Here's what's included in this freebie:

- Three Types of Modern New Years Resolutions Reading & Comprehension Questions
- New Year Resolutions Template & Idea List
- New Year One Word Graphic Organizer & Idea List
- New Year Bingo Board & Idea List



Must Do Activities
for a
Smooth Return from
Winter Break

I have more tips, tricks, and freebies to support busy, world-changing teachers like you at

[MiddleSchoolintheMitten.com!](http://MiddleSchoolintheMitten.com)

TYPES OF NEW YEARS RESOLUTIONS

TYPES OF MODERN NEW YEARS RESOLUTIONS

There are many ways to set goals and plan for the new year, and three popular methods are New Year's resolutions, the One Word trend, and the Bingo Card trend. Each one is a little different, so you can choose the one that works best for you!

New Year's resolutions are specific promises you make to yourself to improve or try something new. For example, you might say, "I will turn in all my homework on time," or "I will read 10 books this year." Resolutions work well if you like clear, detailed goals that you can check off once you've accomplished them. However, they can sometimes feel overwhelming if the goal is too big, so it's helpful to break your resolutions into smaller steps, like "read one book each month."

The One Word trend is simpler and more flexible. Instead of making a list of specific goals, you choose one word to focus on for the entire year, such as "kindness," "focus," or "confidence." This word acts like a guide or theme for how you want to live or grow. For school, you might pick "organization" to remind yourself to keep your desk and backpack tidy, or "effort" to motivate you to always try your best in class and on assignments. This method is great if you prefer a broad idea that can apply to different areas of your life.

The Bingo Card trend turns goal-setting into a game, making it fun and creative. You start by making a bingo card with 25 squares and filling each square with a small, achievable goal. These could include "study for a test for 30 minutes," "help a classmate," "try a new hobby," or "memorize my multiplication tables." As you complete each goal, you mark it off. The challenge is to get a bingo by completing a row, column, or diagonal, but some people like to challenge themselves to fill the whole card! This method works well if you enjoy variety and want to try many different things throughout the year.

All three methods help you think about what you want to accomplish, but they do it in different ways. Resolutions are great if you like specific targets to aim for, One Word is ideal if you want a guiding theme, and Bingo Cards are fun for trying lots of smaller goals. Which one will you choose to make your year the best it can be?

Name:

Date:

TYPES OF MODERN NEW YEARS RESOLUTIONS

Which of the following best describes New Year's resolutions?

- a) A game where you mark off completed tasks on a card
- b) A specific promise made to improve or try something new
- c) A guiding word for the year
- d) A broad theme for how to live or grow

What is the main characteristic of the One Word trend?

- a) It focuses on detailed goals that can be checked off
- b) It involves choosing one word to guide your year
- c) It turns goal-setting into a game
- d) It requires completing a bingo card of goals

Which goal-setting method involves creating a visual card with small goals?

- a) One Word trend
- b) Specific targets
- c) New Year's resolutions
- d) Bingo Card trend

Why might someone choose the Bingo Card trend over New Year's resolutions or the One Word trend?

Which type of modern new years resolution do you like best and why?

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Why might someone choose the Bingo Card trend over New Year's resolutions or the One Word trend?

Answers may vary but are correct if they discuss that the bingo card trend adds an element of fun and variety to goal setting and focuses on small, achievable goals and can be less overwhelming than other goal setting methods.

Which type of modern new years resolution do you like best and why?

Answers will vary based on student preference.

Name:

Date:

SMART NEW YEARS RESOLUTIONS

Writing down goals for the year can be an effective method, but you need to be specific to give yourself the best chance of completing them! Follow these steps to help create meaningful and productive goals for the new year.

WRITE "SMART" GOALS TO HELP MAKE YOUR RESOLUTIONS!

SMART is an acronym that helps us remember the steps to writing concrete goals. A SMART goal is...

- **Specific:** Be clear about what you want to achieve.
- **Measurable:** Add a way to track your progress.
- **Achievable:** Make sure your goal is realistic.
- **Relevant:** Choose goals that matter to you.
- **Time-bound:** Set a time frame to accomplish your goal.

Example: Instead of "I will study more," try "I will study for 20 minutes each day after school starting this week."

SCHOOL GOALS:

Focus on goals that will help you succeed academically or improve your learning habits.

1.

2.

3.

Name:

Date:

SMART NEW YEARS RESOLUTIONS

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HOME GOALS:

Think about ways to contribute to your family, keep your space organized, or be more responsible.

1.

2.

3.

PERSONAL GOALS:

Focus on improving yourself or trying new things that make you happy.

1.

2.

3.

Name:

Date:

SMART NEW YEARS RESOLUTIONS EXAMPLES

"I will raise my math grade from a B to an A by studying for 20 minutes every day after school for the next two months."

"I will finish all my homework by 7 PM every night for the next month and track my progress in a planner."

"I will raise my hand and contribute to at least one class discussion every day for the next two weeks."

"I will read one book per month and take notes on key ideas to improve my reading comprehension for the next 6 months."

"I will clean and organize my room every Sunday for the next 4 weeks, spending 20 minutes on it each time."

"I will wash the dishes three times a week for the next month and mark it on a chore calendar."

"I will practice speaking in front of a mirror for 5 minutes each week, and present at least once in front of a small group of friends by the end of the month."

"I will learn how to play the piano by practicing 15 minutes every day for the next two months and tracking my progress."

"I will wake up by 7:00 AM every weekday, pack my bag, and have breakfast before 7:30 AM for the next month."

"I will exercise for at least 30 minutes, 3 times a week, for the next 3 months by biking or playing basketball."

Name:

Date:

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Example: Instead of "I will study more," try "I will study for 20 minutes each day after school starting this week."

SCHOOL GOALS:

Focus on goals that will help you succeed academically or improve your learning habits.

1. This year, I will improve my grades by...

2. I will participate more in class by...

3. My goal is to complete all my homework on time by...

Name:

Date:

SMART NEW YEARS RESOLUTIONS

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HOME GOALS:

Think about ways to contribute to your family, keep your space organized, or be more responsible.

1. I will keep my room clean by...

2. My goal is to improve my morning routine by...

3. At home, I will help out more by...

PERSONAL GOALS:

Focus on improving yourself or trying new things that make you happy.

1. This year, I will learn a new skill like...

2. I want to make more friends by...

3. I want to stay healthy by ...

Name:

Date:

ONE WORD RESOLUTION IDEA LIST

CONFIDENCE	BRAVERY	FOCUS	DISCIPLINE
PATIENCE	DETERMINATION	RESILIENCE	COURAGE
EFFORT	STRENGTH	ORGANIZATION	CREATIVITY
PERSEVERANCE	IMPROVEMENT	CURIOSITY	EXCELLENCE
GROWTH	INDEPENDENCE	ACHIEVEMENT	MOTIVATION
KINDNESS	GRATITUDE	RESPECT	EMPATHY
GENEROSITY	FRIENDSHIP	COMPASSION	TRUST
SUPPORT	TEAMWORK	ADVENTURE	EXPLORE
TRY	IMAGINE	DISCOVER	BOLDNESS
PASSION	FUN	WONDER	PROACTIVE

Name:

Date:

ONE WORD RESOLUTION

Choosing a One Word resolution is a simple but powerful way to focus your energy and grow throughout the year. Follow these steps to pick your word and use it to make your year meaningful and productive.

STEP 1: BRAINSTORM WORDS

Make a list of words that inspire you. These could be qualities, emotions, or themes. Think about what strengths you want to build, challenges to overcome, or qualities that will help you succeed in school and in life.

STEP 2: NARROW IT DOWN

- Look at your list and circle 3-5 words that feel most important to you.
- For each of the remaining words, ask yourself: Does this word inspire me? Can it guide me in different areas of my life? Cross out words that do not.

Choose one word that feels meaningful and motivating and write it here:

Name:

Date:

ONE WORD RESOLUTION

STEP 3: PLAN HOW TO USE YOUR WORD

Set Goals: Think about how your word applies to school, home, and personal growth. Jot a list of ways you could show this word in your actions or words. Try to get at least two or three ideas in each section.

How my word applies to school:

How my word applies to home:

How my word applies to my personal growth:

Other ways my word applies to my life:

STEP 4: USE IT!

Now, write your word on a notecard, paper, or poster. Decorate it and put it somewhere you will see it and think about your goals each day, like in your binder, locker, or bedroom.

It can be helpful to talk about your word and goals with people close to you, like your family or friends. They can help keep you motivated and on track!

Then, check in with yourself each month to think about how your word is helping you grow. Adjust your goals if needed.

Celebrate small victories and keep track of the times that your focus word helps you succeed. At the end of the year, look about and reflect about how your word shaped your growth!

Name:

Date:

NEW YEARS BINGO CARD

The Bingo Card trend turns goal-setting into a game, making it fun and creative. Fill each square with a small, achievable goal. These could include "have perfect attendance," "get less than 3 tardies during third quarter", or "get an A on a math test. Then, keep this page in a safe place, like your binder or locker. As you complete each goal, mark it off. The challenge is to get a bingo by completing a row, column, or diagonal, but some people like to challenge themselves to fill the whole card!

Name: _____

Date: _____

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NEW YEARS BINGO CARD IDEAS

Feeling stuck while creating your School Goal Bingo Card? Check out this list of suggestions to get your own ideas flowing!

ACADEMIC GOALS

- Earn an A on a Science test.
- Score 90% or higher on a Math test.
- Finish a book
- Make the Honor Roll
- Study for 20 minutes at home.
- Memorize all the multiplication tables.
- Learn how to do long division.
- Complete a project early
- Get a perfect score on a homework assignment.
- Solve 10 equations without a mistake
- Explain a math concept to a family member
- Learn to spell 'definitely' correctly (or another difficult word for you!)
- Watch a documentary or video about something you are learning about in history class!
- Complete your Reading iReady minutes for an entire week or month!
- Complete your Math iReady minutes for an entire week or month!

PERSONAL GOALS

- Join a new club.
- Try out for the basketball team (or other sport!)
- Be in the school musical!
- Make a new friend.
- Read a book to a younger sibling.
- Organize your desk, backpack, or locker.
- Learn to use a planner and check it each day for a week!
- Make and use flashcards to study for at test.
- Complete all your assignments for a week without reminders.
- Be on time for school each day for a month!
- Get less than 3 tardies for all of second semester.
- Try a new way to take notes in class, like color coding or mind maps.
- Answer 5 questions in Science class.

LOVE THIS RESOURCE?

I'm so glad!

Follow Me! – If this resource was your jam, [click here to follow my TPT store!](#) I have hundreds of products that will be useful and engaging in your classroom! My goal with creating Middle School in the Mitten was to share engaging and time saving resources and ideas with busy, world changing teachers like you!

Tag me on Instagram! – I love seeing my products in classrooms around the world! After using these activities in your classroom, snap a photo and tag @middleschoolinthemitten! I can't wait to see!

Lastly, [check out my website](#) for more teacher time savers, tips, and resources!

THANK YOU!

Thank you so much for your support! I hope you find this resource useful in your classroom! Please remember to leave feedback to earn TpT credits which can be used towards future purchases. Follow me on TpT to be notified when new resources are added! If you have questions or concerns, please email me at MiddleSchoolintheMitten@gmail.com.



- aly franklin

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