

2019 resolutions

| Resolution | Ideas and aims | Spring | Summer | Winter |
|--|----------------|--------|--------|--------|
|  <p>Self-care</p> | | | | |
|  <p>Relationships</p> | | | | |
|  <p>Learning</p> | | | | |
|  <p>Experiences</p> | | | | |

Teacher tips - Ideas for resolutions

Self-care

Exercise related – e.g. to put maximum effort into PE, join a sports club, walk to school, enter a race, complete an exercise app 3 times a week.

Relaxation related – e.g. to meditate 3 times a week, to stay away from screen time in the two hours before bed, to do something that relaxes me 3 times a week (have a long bath, read a book, go for a walk) explore a new relaxing activity e.g. mindful colouring.

Nutrition related – e.g. to eat 3 portions of fruit and veg every day, to swap my breaktime snack for a piece of fruit, to eat breakfast every day, to stop adding salt to food, learn to cook a new healthy meal every month.

Relationships

To make more effort with old friends, to be more present (not on social media when with family/friends) spend more free time with family, try not to lose temper with family by using calming strategies e.g. counting to 10, develop better professional relationships with teachers.

Learning (education/school based)

To read a book a month (fiction and non-fiction), attend a specific extra-curricular club/intervention, ask for help when needed, be a more active learner e.g. by raising my hand, asking questions, taking part in debates.

Experiences

Encourage students to try new things, purely to encourage awe and wonder, experiences do not have to be educational in a traditional sense e.g. listen to 5 different genres of music, watch 3 films from the year you were born and 3 from the year your teacher was born, follow a new sport for a season, develop a new skill e.g. learn a new instrument, to knit, language etc. Try a new food every month, keep a diary.

Teacher tips

Encourage a class discussion before completing the resolution sheets, ensure students are clear about each column.

Students should then be encouraged to make new year resolutions that are realistic, can be measured and be developed throughout the year (rather than just a one-off activity)

The resolution sheet should be revisited at the end of each term so that the student can reflect on their success and consider solutions to barriers.