



# Kerpoof Lesson Plan

## Making New Year's Resolutions



**Topics:** Life skills, language arts, problem solving

**Grade level:** 4-8

**Duration:** Two class periods, one in the computer lab to create cards on [www.kerpoof.com](http://www.kerpoof.com).

**Objective:**

Work with students on setting appropriate goals and creating plans to achieve those goals.

Discuss relying on friends to encourage us to achieve our goals.

**Student assignment:**

Make a list of five goals for the coming year. Decide which one is the most important to you.

Work with a partner to figure out what you will need to do to achieve your goal. Write down how you can achieve these goals. Using Kerpoof's Card Maker, make two cards, one to encourage your partner to meet his/her goal and one congratulating him/her for achieving the goal.

**Materials and Resources:**

- Kerpoof Resolutions Worksheet
- Access to [www.kerpoof.com](http://www.kerpoof.com)

**Activity:**

1. Introduce the activity by reading the Introduction below and the background on Resolutions Over the Years
2. Have students break up into pairs.
3. Pass out the worksheet.
4. Give students a few minutes to work individually and come up with ideas for resolutions ("Making a Resolution" on p. 1).
5. Next, instruct students to work with a partner and discuss their resolution ideas ("Making a Resolution" on p. 1)..
6. Give students ten minutes or more to work individually on their resolution plans. ("Planning for Success" on p. 2)
7. Have students work with a partner to assess their plans.
8. Spend a class period in the computer lab allowing students to make two cards for their partners, one to encourage them to achieve their goal and another to congratulate them for achieving their goal.

**Introduction:**

The end of a year is a good time to think about how the past year has gone and think about things we might want to change. It's also a good time to think about what we want to happen next in our lives. That's why so many people make New Year's Resolutions, promises to themselves on how they can make their lives better in the next year.

Making promises to yourself is a great idea, but those promises are hard to follow through on unless you make a plan that will help you meet your goal. It also really helps to have a friend who will encourage you. Today we're going to think about what goals we want to set for ourselves and talk to a friend about them. Then we're going to pick one goal and make a plan for how to meet that goal. We'll tell our friend about our plan and hear about their plan. Tomorrow we're going to use the computers to make two cards using Kerpoof. One card will help encourage our friend to work toward their goal. The other card will congratulate them on meeting their goal. At the end of the school year we will revisit our goals and see if we were able to achieve them.



## Resolutions Over the Years

Resolution making is a tradition that dates back 4,000 years to the early Babylonians. In those days, the Babylonians most commonly resolved to return something borrowed from a friend that year-- usually farm equipment.

Some believe that the tradition of the *New Year's Resolution* dates to 153 B.C. Janus, a king in the pantheon of Roman myth, had two faces and therefore could look back on past events and forward to the future. As such, Janus was an apt symbol for resolutions. Romans hoped for forgiveness from their enemies for their transgressions and also exchanged gifts before the beginning of each year.

Some religions have incorporated reflective resolutions as well. For example, on Judaism's holiest holiday, *Yom Kippur*, Jews reflect upon wrongdoings with the goal of both giving and getting forgiveness. The concept, regardless of creed, is to reflect upon one's actions and move toward self-improvement each year.

These days, many people consider the New Year a chance to start over, to quit bad habits and to begin a new, improved way of life. Recent research on success rates among modern-day resolution makers shows that while 52% of people in one study were confident of success with their goals, only 12% actually achieved their goals. Interestingly, gender differences emerge when we examine the nature of many resolutions. Men achieved their resolutions 22% more often when they generated small, attainable goals. Women succeeded 10% more when they used their social networks by making their goals public and getting support from their friends.