

Weekly Practice Worksheet

8th Grade · Life Skills & Health · Week 1 (Quarter 1)

Goal Setting & Independence Skills

This week's focus: Setting long-term goals

Student Name: _____ Date: _____

Monday: Introducing Setting long-term goals

Learning Objective

Students can explain why setting long-term goals matters in daily life.

Practice

Guided discussion and note-taking on key strategies.

Check-In / Reflection

Exit ticket: one takeaway about setting long-term goals.

Tuesday: Exploring Setting long-term goals

Learning Objective

Students can identify strategies related to setting long-term goals.

Practice

Groups share strategies with the class.

Check-In / Reflection

Teacher checks group notes.

Wednesday: Practicing Setting long-term goals

Learning Objective

Students can practice a skill related to setting long-term goals.

Practice

Peer feedback after role-play/activity.

Check-In / Reflection

Short reflection on what was practiced.

Thursday: Applying Setting long-term goals

Learning Objective

Students can apply setting long-term goals to a personal plan or example.

Practice

Partner share of personal plans.

Check-In / Reflection

Plan submitted for teacher feedback.

Friday: Reflect & Share: Setting long-term goals

Learning Objective

Students can reflect on their learning about setting long-term goals.

Practice

Volunteers share reflections with the class.

Check-In / Reflection

Completed reflection collected.
