

BACK TO SCHOOL GAMEPLAN

It's that time of year again. We will start to see the sweet pictures on Facebook and Instagram of kids heading out the door on their way to school. Regardless of the age, one thing remains the same, it can be a scary, exciting, and challenging time for the kiddos and the parents. You can thrive this school year with a game plan. Use the one page to be intentional and set some goals for the semester. Print a page for each person in your family and crush some goals together.

Spiritual Goal	School Goal
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Action Steps

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Family Goal	Personal Goal
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Action Steps

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SAMPLE
from a 7th Grader

Spiritual Goal

Read through the
Book of John

School Goal

At least a B in math this fall
(Math is worst class)

Action Steps

- Before bed
- Monday-Thursday
- Fri-Sun (catchup)

- Take my time in class
- Ask for help more
- Homework on time

Family Goal

I want plan a fun weekend
as a family.

Personal Goal

Land my front tuck
(Gymnastics)

Action Steps

- Set a date _____
- Agree on a budget
- Make a schedule
- Get parents approval

- Don't Miss workouts
- Practice at home
- Do my stretches

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After School Conversation Starters

Avoid These

- How was school?
- Did you have fun at school?
- Who did you sit with?
- Was your teacher nice?
- Were your classmates kind?
- Did you hang out with anyone?
- How was lunch?

Try These

- Tell me one thing you learned today!
- What was the best thing you did at school?
- Tell me the names of the four kids who sat closest to you.
- What was the most interesting thing your teacher said today?
- What class rules did your teacher say are important?
- What was the best thing your teacher asked you to do in class today?
- Who did you enjoy talking with the most?
- Did anyone have anything fun or interesting to talk about?
- What were most kids doing at recess / breaks?
- What was the best game you played today?
- Who sat near you at lunch?
- What were the other kids eating for lunch?
- What was the funniest thing someone said at lunch?