



January Wellness



Black Gold Outreach School and Home-Based Education
Family Newsletter

MENTAL HEALTH MINUTE

New Year, New Goals

January is often a time for resolutions (or goals) as we begin a new year. When setting a new goal for your future, there are some important practices that can make this journey rewarding and motivating.

A strategy for setting effective goals is to make SMART goals. SMART goals are:

- **Specific**
- **Measurable**
- **Attainable**
- **Relevant**
- **Time-based**

Considering these factors when setting a new goal will allow this goal to be easier to track as you progress, and easier to achieve. **Specific** goals allow for more effective planning.

Measurable goals will make sure that there is evidence you can track as you progress.

Attainable goals will help to keep you motivated and feeling accomplished. **Relevant** goals will align with your values and long-term plans. **Time-based** goals allow for you to prioritize our tasks to accomplish the goal.

JANUARY CHALLENGE

Make a SMART goal for any area in your life you would like to see growth.

BOOKS ON MENTAL WELLNESS

Links to audiobooks included

Kindergarten - Grade 3: Whistle for Willie by Ezra Jack Keats

Grade 3 - Grade 7: Ruby's Wish by Shirin Yim Bridges

Grade 8 - Grade 12: Turtles All the Way Down by John Green

Grade 10 - Grade 12: History is All You Left Me by Adam Silvera

S	M	A	R	T
SPECIFIC	MEASURABLE	ATTAINABLE	RELEVANT	TIME-BASED
Make goals clear and specific.	Define measurable assets.	Confirm your goals are attainable.	Verify your goals are relevant.	Set up a time-based plan.

JOKE OF THE MONTH

What kind of math do Snowy Owls like best?

Owlgebra

