

OUR CAR = OUR BODY

Framework skeleton

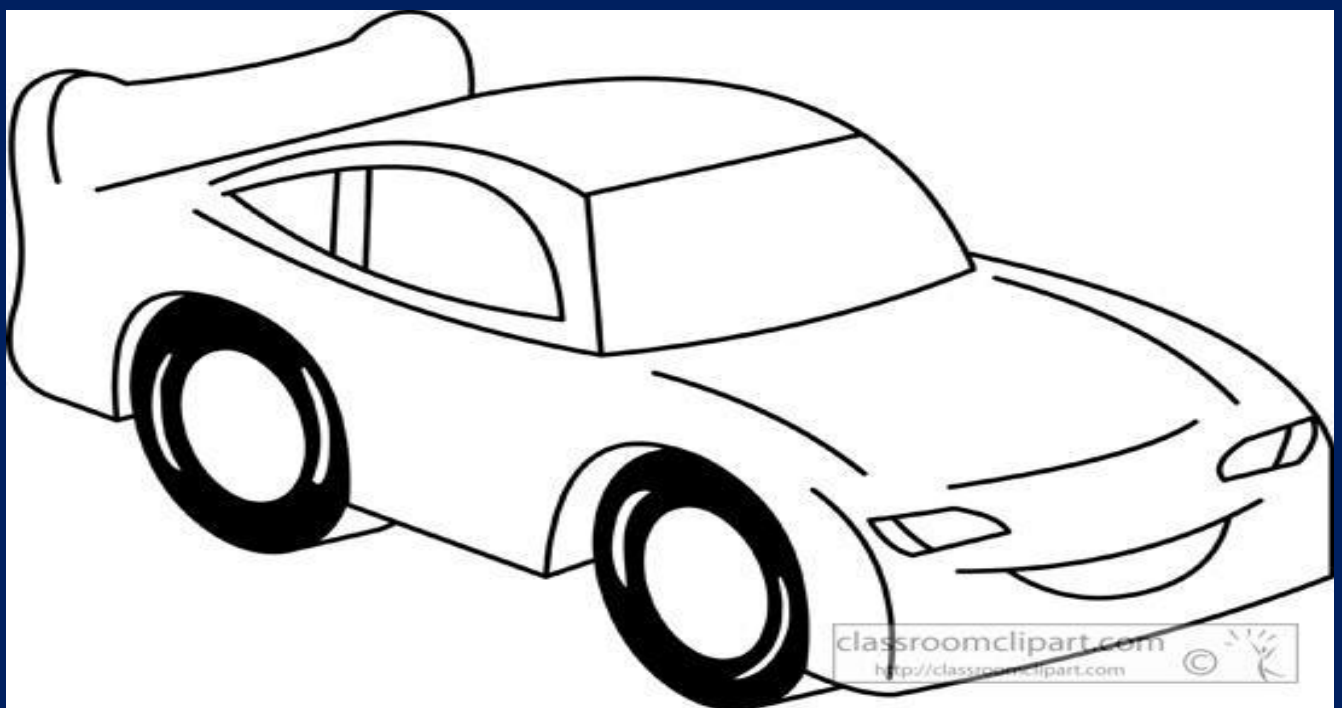
Computer brain

Engine heart

HV/ AC lungs

Radio voice

Wheels feet and hands



NAVIGATION SYSTEM

YAHOO! MAPS

Search

Search Web

Print Send Link

Find a location

Find a business

Get directions

A New York, NY

B Essen, NW (current location)

No default location selected (edit)

Manage Locations

Driving directions to Washington, DC

Distance: 230.09 miles — Time: 4:01 h

A New York, NY

1. Head toward Church St on Chambers St. 0.1 mi
2. Bear right onto Hudson St. 0.6 mi
3. Bear right onto Holland Tunn, Hudson St toward I-80/New Jersey. 1.9 mi
4. Continue on 14th St, Boyle Plz. 0.3 mi
5. Continue on New Jersey Tpke Ext WEST (I-80 W) (toll road) toward I-95/New Jersey Turnpike. 8.0 mi

Destination = Goal

**Directions = Steps
to reach your Goal**

Steps to your Goals

1. Name the goal
2. Picture yourself reaching it – you see what you are working toward
3. Say, “I can” – saying I can feel more confident it can happen
4. Think how to do it – steps to success
5. Go for it
6. Celebrate your success

4 criteria for goals:

1. personal
2. possible
3. positive
4. specific

Zane

1. Get an "A" on his test
2. Envision a test with an "A" on it
3. Say I can get an A
4. Did homework, solved extra problems, studied, listened in class, got plenty of rest



5. Took the test
6. Said good job and celebrated with his family going out to dinner

A piece of light green lined paper is shown at an angle. At the top left, there are three horizontal lines. To the right of these lines, the grade "A+" is written in a large, red, handwritten font. Below the grade, there are several more horizontal lines on the paper.

A+

Time Capsule



Name/ Date _____

Dream car _____

Favorite month _____

Places TO visit _____

Favorite TV show _____

My friends are _____

Favorite movie _____

I'm good at _____

Favorite subject _____

What do you want to be when you grow up and why? _____

What are 3 things you like about 6th grade compared to 5th grade?

Steps to your Goals



1. Name the goal
2. Picture yourself reaching it – you see what you are working toward
3. Say, "I can" – saying I can feel more confident it can happen
4. Think how to do it – steps to success
5. Go for it
6. Celebrate your success

4 criteria for goals:

1. personal
- 2.
- 3.
4. specific

Zane's Steps to Success – rewrite the steps to goals for Zane's situation.

1. _____

2. _____

3. _____

Your **SHORT** term goal

4. _____

5. _____

6. _____

PICTURE IT

Draw something to show what it will look like when you achieve it.



Is your goal:

- personal?
- possible?
- positive?
- specific?