

# The Best Me Today Levels C & D

# WRITTEN

To help students identify and practise one positive action that makes them feel proud and builds kindness and responsibility.



## Learning Intentions

Students aim to choose one simple thing that will make them proud today.

Students aim to show or tell how they will feel when they do their best.

Students aim to do their best with help and reminders.



## Success Criteria

I can pick one small goal (e.g., smiling, sharing, listening, helping).

I can show with words, pictures, or actions how it will feel when I do it.

I can stay on track with my goal during the day with help from my teacher or friends.



# The Best Me Today - Levels C & D

# WRITTEN

**Duration:** 5–10 minutes

## **Objective**

To help students identify and practise one positive action that makes them feel proud and builds kindness and responsibility.

## **Gameplay / Activity Steps**

### **1. Choose a Goal**

- The teacher/educator shows examples with pictures or role-play (e.g., “Today my goal is to share my pencils”).
- Students choose their own small goal.

### **2. Draw or Show the Feeling**

- Students draw a happy face, heart, or picture to show how they will feel after achieving their goal.

### **3. Keep It in Mind**

- Teachers remind students of their goals during the day using prompts or visuals.

### **4. Reflection Time**

- At the end of the lesson, students share (verbally, with drawings, or by pointing) if they tried their goal and how it made them feel.

## **Reflection Prompts (simple & visual)**

- What was your goal?
- Can you show me how you felt? (point to happy/sad face)
- Who helped you do your best today?

## **Materials**

- Paper, pencils or coloured pencils
- Visual aids (goal cards, feeling faces) (found in the PDF resource tab).

## **For Wheelchair Users / Accessibility**

- Students can use verbal sharing, pointing, stamps, or assistive tech instead of drawing.
- A peer or adult can help by scribing their goal or feelings.
- Visual prompts and goal cards can be placed on a desk or tray for easier access.

## **Notes for Inclusion**

- Allow flexible goal choices suited to each student's abilities.
- Provide extra prompts, visuals, or gestures to support understanding.
- Celebrate effort, not just achievement, to build confidence for all learners.



# GOAL CARDS AND FEELING FACES

PRINT AND CUT OUT THE GOAL CARDS AND FEELING FACES. LET STUDENTS PICK A GOAL CARD AT THE START OF THE DAY AND A FEELING FACE TO SHOW HOW THEY WANT TO FEEL AFTER ACHIEVING IT. REVISIT THESE VISUALS DURING THE DAY AND AT REFLECTION TIME.



# GOAL CARDS

I WILL SAY "THANK  
YOU" WHEN SOMEONE  
HELPS ME.



I WILL INCLUDE  
SOMEONE WHO IS  
ALONE.



I WILL HELP A FRIEND  
WHO NEEDS IT.



# GOAL CARDS

I WILL GIVE SOMEONE  
A COMPLIMENT.



I WILL SMILE AT  
EVERYONE TODAY



I WILL RAISE MY HAND  
BEFORE I TALK.



# GOAL CARDS

I WILL WASH MY  
HANDS BEFORE EATING.



I WILL PACK AWAY MY  
THINGS AFTER CLASS.



I WILL PUT MY  
RUBBISH IN THE BIN.



# FEELING FACES



# FEELING FACES





# FEELING FACES

