



NO1
PROUD
CHOICES

Lesson 5:
Identifying
Hopes & Plans

Dear Parent/Guardian,

Through the D91 Proud CHOICES program, elementary school counselors are working with 6th grade students to focus on making healthy lifestyle choices, future plans, and commitments. Join our efforts to help children become socially and emotionally strong by asking them about what they are learning.

Lesson 5: Identifying Hopes & Plans

Students in this lesson identified their hopes and plans for the future. We discussed strengths and how they can help you prepare for the future. We also discussed failures and how they help you learn and grow. We explored some ideas about what students want to accomplish in their futures, too.

Ask Your Child About:

- What are your strengths and how will they help you achieve your goals?
- How can failures help you learn and grow?
- What healthy choices can you make to make your plans become reality?
- What choices can you make now that will make you proud now and in the future?

Learn More With Your Child: www.ifschools.org

Up Next: Lesson 6: Commitment