Five Minutes, Next Period

CHAD KEMPEL · GOAL CARDS · TEACHER SHEET

FOR THE BOARD

Cards out. Five minutes.

GOAL

One goal. Something true, not something impressive.

Can't pick one? Write the smallest true one.

OBSTACLE

What, inside you, is most likely to get in the way?

Tired, behind, embarrassed, phone. One of those, in your own words.

PLAN

"If the obstacle shows up, then I will ___."

One action, small enough to do the same day. Then say your if-then line quietly, once.

FOR YOU

1. **Give them five minutes at the start of class.** Cards out. One goal on the first line. If a student can't pick one, tell them to write the smallest true one. A pull-up, not a championship.
2. **Obstacle on the second line.** Tired, behind, embarrassed, phone. One of those, in their own words.
3. **Plan on the third line.** One action, small enough to do the same day. Then they say the whole line quietly, once.
4. **Don't collect them.** The card is theirs and the goal stays private. If you want to know what landed, ask the room what was hardest to write. That question works without anyone reading a card out loud.

Then it goes somewhere they'll see it. The side with the belief "ANYTHING IS POSSIBLE" faces out. The goal faces the wall.

Any time, day or night: call or text 988. In danger right now, call 911.

If a student opens up to you, the five steps are at chadkempel.com/educator.

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