

Think: *What Is My Purpose?* (Independent Learning)

UNDERSTAND (Why?)

Teaching students to stop and think, *What is my purpose?* before starting independent work helps them focus and set clear goals, making their efforts more intentional and effective. It also builds a deeper understanding of the task at hand, leading to more meaningful and engaged learning.

PREPARE (Students)

Today, we're going to learn a new skill called *What is my Purpose*. You will think about your purpose before you start working on something. That means taking a moment to stop and ask yourself, WHY am I doing this work?

TEACH (Explicitly)

A purpose is the reason why you're doing something. When we know our purpose, we can focus better and do our best work. Here are a few reasons for doing something:

- to gain information***
- to learn how to do something***
- to solve a problem***
- to inform an opinion***
- to be entertained.***

So, before you start any task, it's important to stop and think, What is my purpose? This helps you understand why you're doing the task and what you need to achieve.

Let me explain why this is important. When you know your purpose, it helps you

- 1. stay focused on your work,***
- 2. understand what you need to do,***
- 3. feel more motivated because you know why the work is important, and***
- 4. do a better job because you have a clear goal in mind.***

So, here's what you will do before you start any independent work:

- 1. Take a deep breath and pause for a moment.***
- 2. Ask yourself, What is my purpose?***
- 3. Think about why you're doing the task and what you want to achieve.***

Let's do an example together. Imagine we're about to start reading this new book. Let's stop and think about our purpose. (Pick up a book about dinosaurs and hold it up.)

Okay, I'm about to start reading. First, I take a deep breath. Now I ask myself, What is my purpose? Hmm... My purpose is to learn about dinosaurs because I find them interesting and I want to know more about how they lived. So, my purpose is to gather information about dinosaurs.

Now it's your turn to practice. I want you all to think about the task you'll be doing next. Maybe it's reading a book, working on a math sheet, or writing a story. I want you to stop and think about your purpose. I'll give you a minute to do this quietly. (Give students a minute to think. Then, have them share their purposes. Conclude the lesson by reminding them to make this skill part of their routine.)

Remember, every time you start working on your own, take that moment to stop and think, What is my purpose? It will help you stay focused and do your best work. Let's make it a habit and see how it helps us with our learning!

SUPPORT (Pivots)

Be sure students understand the concept of purpose and how to identify it in different contexts. Since young students may not have fully developed metacognitive skills, it's crucial to provide clear, simple examples and plenty of practice opportunities.