

LEARNING OBJECTIVES

The purpose of this lesson is to help young students recognize what a goal is and how to begin making a plan that focuses on that goal.



LESSON CONTENT

Dreaming big is an important part of setting goals. Think of what you want to accomplish in your life. Work on getting better at something every single day. Goal setting requires making a plan to help you track your improvement.

STRATEGIES

- Dream big and make a plan.
- Take small steps at a time.
- Ask for help.
- Believe in yourself.
- Never give up!

CONVERSATION STARTERS

- Why are goals important?
- How does making a plan help you you achieve your goals?
- What do you want to accomplish in your life?

EXTENDING THE LEARNING

- Read picture books about goals:
 - The Empty Pot by Demi
 - She Persisted by Chelsea Clinton
 - The Bee Tree by Patricia Polacco
 - Salt in His Shoes by Michael Jordan
- Talk about a big goal with your family. How can your family help you work towards your goal? What small steps do you need to take? Draw a picture of a ladder. On each step, draw a picture of your next small step.