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Lower Elementary Section One

LEARN ABOUT GOALS

1. GOALS FOR THE SEMESTER (3 mins)

- a. Learn About Goals
- b. Manage My Body and My Actions
- c. Learn How to Manage Time
- d. Focus Better
- e. Be More Organized
- f. Learn to Relax
- g. Become More Responsible

2. LEARN ABOUT GOALS (15 mins)

- a. **TEACHER SAYS:** *Now we will talk about goals. Goals are like targets. They are something we are aiming for! Aim for a goal in everything you do.*
- b. **Activity:** Create a target on a dry erase board and have students use foam balls to try to hit it. Start with them far away so that it is almost impossible to hit, then have them take steps to get closer until they can hit it.




(Describe a few relevant goals such as learning how to do a cartwheel, or earning a 100% on a spelling test, or cleaning their room, and have the students come up with examples from sports, school, or other parts of their lives.)

- c. Talk about how they already set a goal for managing themselves.
- d. **Discuss** classroom related goals (ex. being a great listener, becoming a good reader, being a good helper, etc.)
- e. Next, talk about how goals have many steps.

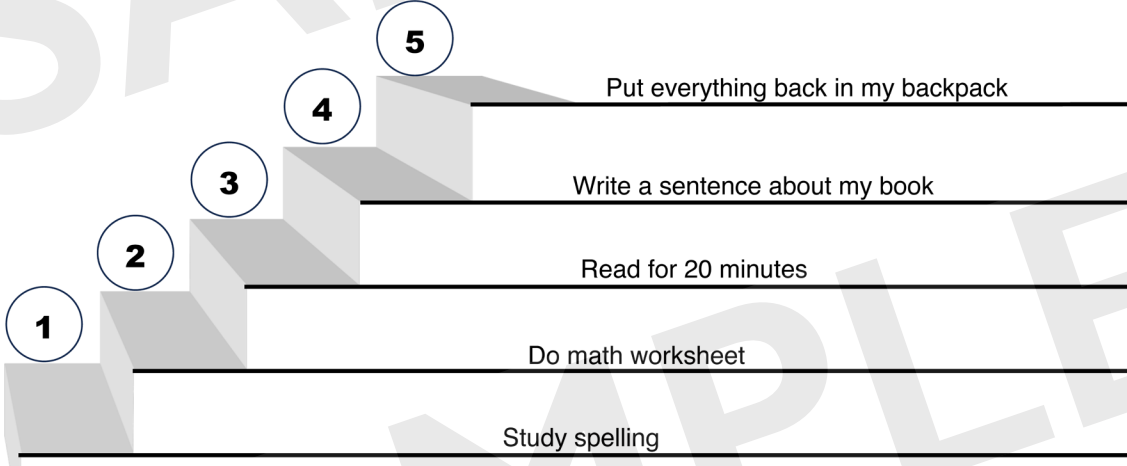
3. GOALS HAVE STEPS (15 mins)

- a. **TEACHER SAYS:** *Remember how hard it was to hit the target without taking steps to get closer to it? That's because most goals aren't something you do all at once. Big goals are made up of little goals and steps.*
- b. Use the **Worksheet "Stepping Into My Goals"** with the staircase to illustrate the "big goal" at the top and then name the steps.

Stepping Into My Goals 

Big goals are made up of little goals and steps. First, decide on the big goal and write it on the line above the stairs. Then, write your 5 to-do steps on the numbered staircase lines. Put them in the order that will make the job easiest.

MY BIG GOAL: _____ Do all my homework. _____



5 Put everything back in my backpack

4 Write a sentence about my book

3 Read for 20 minutes

2 Do math worksheet

1 Study spelling

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