

## Lower Elementary Parent Highlights



**Hello Parents! Welcome to The Skilled Student Initiative!** Your child has been working hard to improve executive functioning skills. This “**Parent Focus**” is an overview of the main skills and is designed to help you follow up and reinforce the lessons.

### LEARN ABOUT GOALS

STUDENT SKILL	PARENT FOCUS
<p><b>GOAL SETTING SKILLS</b> <i>Overview</i></p>	<p>Students who have specific goals tend to do much better in school. Understanding that they can and should have goals for staying on track with schoolwork is an important part of being a <i>Skilled Student</i>. We focused on the following:</p> <ol style="list-style-type: none"><li>Learn About Goals</li><li>Manage My Body and My Actions</li><li>Learn How to Manage Time</li><li>Focus Better</li><li>Be More Organized</li><li>Learn to Relax</li><li>Become More Responsible</li></ol>
<p><b>GOAL SETTING SKILL</b> <i>A Goal is a Target</i></p>	<p>Goals are like targets. They are something we are aiming for! We try to aim for a goal in everything we do. <b>Allow your child to create and talk about their own goals—be present and engaged in their process. Revisit their goals regularly and check-in on progress.</b></p>
<p><b>GOAL SETTING SKILL</b> <i>Goals Have Steps</i></p>	<p>We talked about how hard it was to hit a 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. We practiced breaking down big goals into little steps. <b>When working with your child on their goals, make sure they break them into individual steps that are easy to complete.</b></p>