

# Setting Out to Achieve Goals

## SEL COMPETENCY

Self-management

**SKILL** goal setting

## MATERIALS

- ✓ Discovering Projectable 2.5.1
- ✓ Connecting Projectable 2.5.2
- ✓ Student Journals
- ✓ Family Connection take-home worksheet

## CLASSROOM CONFIGURATION

- 1 whole group 2 whole group  
3 pairs 4 small groups

## OBJECTIVES

- Children will
- ✓ set goals for the year.

## ★ COMMON CORE CONNECTION

This lesson addresses the following Common Core Standards:

### SPEAKING AND LISTENING: COMPREHENSION AND COLLABORATION

- ✓ SL.2.2, SL.2.3

### SPEAKING AND LISTENING: PRESENTATION OF KNOWLEDGE AND IDEAS

- ✓ SL.2.4, SL.2.5, SL.2.6

*Goal setting is a skill that is necessary for future growth. Children must learn to identify smaller steps that build toward accomplishing larger goals and to identify people they can turn to for support in achieving their goals.*

## 1 DISCOVERING 8 MINUTES

Lesson Link

ACTIVITY 1

Begin class by stating that today's lesson is about goal setting and will build upon the previous lesson by taking what children have learned about what motivates them to set and accomplish goals. Tell children to think about the things they have accomplished in their lives and how motivations helped them in achieving those goals. These can be things such as learning a new task at school, perfecting a new sport, learning to play a new game, or mastering any other challenging activity. Allow children one minute to discuss these goals with one another. Then ask them to think about goals they want to accomplish during 2<sup>nd</sup> grade. Show **Discovering Projectable 2.5.1** to help children brainstorm things they want to accomplish this year.



**ASK:** *What are some things you want to accomplish by the end of the school year?*

Allow volunteers to share their thoughts with the class. Tell children that in this lesson you will talk more about setting goals and identifying steps to accomplishing them.

## 2 CONNECTING 10 MINUTES

INSTRUCTION

Tell children that goals can sometimes seem too large or too overwhelming. Explain that goals can be broken down into attainable steps to reach the main goal.

**ASK:** *What are some ways you can plan for a large goal?*

Allow volunteers to share their ideas with the class. Sample responses could include saving money to buy a new toy or game or practicing dance steps to perform in a recital.

## Introduce Steps to Success

Tell children that breaking a large goal into manageable chunks can help keep you motivated to continue working until you've achieved the goal. Show the Steps to Success projectable (**Connecting Projectable 2.5.2**) and point out how large goals can be broken down into smaller steps. Explain that by focusing on each step they can take steps toward their success.



## Steps to Success

- Set a realistic goal.
- List steps you will take to reach your goal.
- Celebrate your success.

## SKILLS Progression



**LAST YEAR,** children identified goals and steps needed to accomplish them.



**THIS YEAR,** children work with partners to build accountability in accomplishing goals.



**NEXT YEAR,** children will demonstrate the ability to set goals and will identify the skills needed to meet them.