

Model the Steps to Success

Model the Steps to Success method for the children by using each bullet point in an example a 2nd grade child would likely choose, such as learning how to type on the keyboard.

SAY: *When I was younger, I really wanted to type on the keyboard. My school didn't teach typing skills, so I asked my mom if she could help me. She helped me set smaller goals, or steps. First, she told me to learn the home row keys. I placed my fingers on the home row keys. My mom called out just one letter per day, but then I would also practice the other letters I learned. I started with the letter J. I pressed J for ten minutes with my right index finger. The next day I pressed the letters J and F with two different hands. I was so proud of myself. Each day was a new letter and a new step toward learning how to type. When I accomplished my goal, I typed a letter to my mom and printed it. When I gave it to her, I was so proud of myself.*

ASK: *How can breaking a goal into smaller steps help?*

3 PRACTICING 15–20 MINUTES

ACTIVITY 2

Explain the Goal Setting activity

Tell children that they will work with a partner to identify two goals that they have and list the steps they need to take to achieve their goals.

Children practice goal setting

Have children choose their own partners to work in pairs. Tell them to work with their partner to each identify two goals that they are working toward. Have children write their goals on the Practicing page in the Student Journal. Then have pairs discuss and make notes about steps they should take to reach their goals. Allow children to use crayons, markers, or colored pencils to create visual cues to remind them of these steps. Remind children of the process in goal setting:

- Set your goals.
- List the steps.
- Celebrate!

After the activity, bring the class back together and review the importance of setting goals.

Reflecting

Children use their journals to reflect individually and as a class on what they learned in this lesson.

What?	What are the Steps to Success?
So what?	How do you think the smaller steps help you meet your goal?
Now what?	How do you think setting realistic goals will help you in the future?

4 APPLYING 5 MINUTES

Invite children to share their goals and Steps to Success with the class. Tell them that one way to remain focused on goals is to have a partner to support them. A partner can help each step of the way by giving encouraging words and

Community Connection

Have each child use one of the goal metaphors discussed in the Art activity to create encouragement cards. Have children draw the illustration on one side of the card. Then have children interview each other or other children in the school and write a goal the person they spoke to has achieved. Display the cards throughout the school to encourage the children to continue working toward their goals.

Family Connection

Send home the Family Connection take-home worksheet entitled **Steps to Success**. Encourage children to reflect on their family goals and what they did or are doing to achieve them.

Applying Across the Curriculum

ART Have children discuss different ways to show visually reaching goals. Discuss metaphors such as targets and finish lines and how these relate to goals. Ask them to work together to create posters or a bulletin board with these images along with motivational sayings.

PHYSICAL EDUCATION Have children create activity goals, such as numbers of pushups completed or laps run or walked around the gym. Tell them to use the Steps for Success to help them identify their goals and the steps they will need to take to achieve them. Encourage children to motivate one another to reach their goals and to celebrate with one another when the goals are met.