

Reflecting Resource:

Student Journal p. 24

Reflecting Reflect on what you've learned about goal setting in this lesson.

What? What are the Steps to Success?

So What? How do you think the smaller steps help you meet your goal? How do you feel about your own goals?

Now What? How do you think setting realistic goals will help you in the future?

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Applying Resource:

Student Journal p. 25

Applying Friends and family can help you achieve goals. You can help others achieve goals. Draw and label a picture of people who might support you in reaching a goal. Then draw and label a picture of someone you can help support in reaching a goal.

People that can help support me to reach a goal:

People who I can help support to reach a goal:

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reminding the child of the importance of the goal and of past successes. Invite children to ask one or more fellow classmates to act as supporters to help them remain focused on their goals. Have them discuss ways they can help each other using positive and motivating words and actions.

Have children complete the Applying page in the Student Journal to reflect on the ways they can find support to reach their goals.

ASSESSING

PRACTICING (INFORMAL FORMATIVE ASSESSMENT) Take some time to consider how well the children used the goal-setting activity to learn how to identify realistic goals that can be accomplished over the course of the year. Ask the children questions about the steps they will take to achieve their goals.

APPLYING (FORMAL FORMATIVE ASSESSMENT) Review children's responses to the questions on the Student Journal Applying page. Make sure there is a clear connection between their goals and the people who can help them achieve the goals. Also see if the children are serving as good support systems for one another.

BUILDING SKILLS BEYOND THE LESSON

Move Around!

REINFORCEMENT

PRACTICING Use masking tape to tape off sections of the floor into hopscotch squares. Then have children say the steps outlined in the Steps to Success activity as they hop on each square toward their goal.

Create a Poster!

PRACTICING Have children create target posters to highlight their goals. In the center, or bullseye of the target, have them write their goal. In the circles around the target, have them write the steps they are taking to move toward their goal. Invite the children to create a paper-doll cutout to resemble themselves and use it to show their progress on the target.

Write a Song!

ENRICHMENT

PRACTICING Have children work together to create an original song about Steps to Success. Children's songs should mention setting realistic goals, taking steps to reach those goals, and celebrating success. Provide them with classroom instruments and invite them to teach the song to the class.

Write a Letter!

APPLYING Have children imagine that their partner has just told them they're giving up on achieving their goals. Ask them to write a letter to their partner to encourage him or her to keep taking steps toward attaining the goal.