

Goal Setting for Success

Grade Three & Four



To encourage students to set realistic goals, break them into smaller steps, and anticipate challenges to create a clear plan for success.



Learning Intentions

I can set realistic and achievable goals for myself:

This encourages students to think about something they want to achieve and how to set a clear and attainable goal.

I can break down big goals into smaller, manageable steps:

This teaches students the importance of planning and how breaking down goals makes them more achievable.

I can anticipate challenges and come up with solutions to overcome them:

This promotes problem-solving skills, helping students recognise obstacles and think of ways to handle them.



Success Criteria

I can identify one goal I want to achieve in the next month:

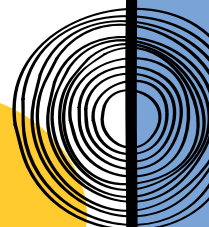
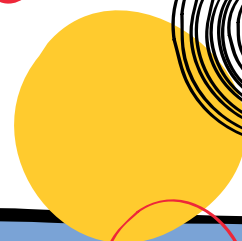
This ensures that students focus on a clear and specific goal for their future.

I can break my goal down into smaller, actionable steps:

This helps students create a step-by-step plan to reach their goal, making it less overwhelming and more achievable.

I can reflect on potential challenges and how to overcome them:

This helps students think about the obstacles they might face and empowers them to find strategies to work through them.



Goal Setting for Success

Grade Three & Four



Objective:

To encourage students to set realistic goals, break them into smaller steps, and anticipate challenges to create a clear plan for success.

Players:

Ideal for individual reflection, small groups, or classrooms.

Materials:

- Paper
- Pen or pencil

Setup:

Provide each student with a piece of paper and a writing instrument. Encourage them to think carefully about their goal and break it down into steps.

Activity:

1. Set Your Goal:

Ask students to think about one goal they would like to achieve in the next month. This could be related to school, a hobby, or a personal improvement goal. Make sure the goal is realistic and achievable within that time frame. Have them write it down somewhere.

2. Break Down the Goal into Steps:

Have the students write down a few smaller steps they can take to work towards their goal. For example, if the goal is to read a book in a month, the steps might include reading for 20 minutes a day, picking out a book to read, and finishing one chapter each week.

3. Identify Potential Challenges:

After breaking the goal into steps, ask students to think about challenges they might face while working towards their goal. These could be time constraints, distractions, or a lack of resources. Encourage them to come up with ideas on how to overcome these obstacles.

Reflection Prompt:

- What are some challenges you might face while working on your goal?
- How can you overcome them?
- What will it feel like when you achieve your goal?



Goal Setting for Success

Grade Three & Four



Winning the Game:

There is no winner in this activity. The goal is for students to set a meaningful goal, break it down into steps, and develop a plan for achieving it.

Family or Modified Variation:

In a group setting, students can share their goals and plans with a partner or the class. This promotes accountability and gives students a chance to encourage one another. You can also create a "Goal Wall" where students can track their progress toward their goals.

Additional Notes:

Goal Setting for Success helps students understand that achieving a big goal starts with clear, manageable steps. It encourages planning, perseverance, and problem-solving, all while focusing on realistic expectations. By reflecting on challenges and finding solutions, students gain confidence in their ability to work toward success and overcome obstacles.

