

# Goal Mapping

Grade Three & Four



To promote goal-setting and reflection by helping students think about their future, create a plan, and track their progress toward achieving their goal.



## Learning Intentions

### **I can set a specific goal and create a plan to achieve it:**

This encourages students to think clearly about their goals and how to break them down into actionable steps.

### **I can track my progress toward achieving my goal:**

This helps students develop responsibility and focus, teaching them to monitor their progress as they work towards their goal.

### **I can reflect on the emotional impact of achieving my goal:**

This encourages self-reflection, helping students understand the positive feelings that come from accomplishing something they set out to do.



## Success Criteria

### **I can identify a goal I want to achieve this month:**

This ensures that students are focused on a specific and realistic goal that can be achieved within the timeframe.

### **I can create a simple map or plan with steps to reach my goal:**

This shows that students understand how to break down their goals into smaller, manageable tasks.

### **I can reflect on how achieving my goal will make me feel and what steps I can take this week:**

This helps students connect their goal to emotional rewards and motivates them to take action toward it.



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## Objective:

To promote goal-setting and reflection by helping students think about their future, create a plan, and track their progress toward achieving their goal.

## Players:

Ideal for individual reflection, small groups, or classrooms.

## Materials:

- Paper
- Pen or pencil
- Markers, crayons, or coloured pencils (optional for creativity)

## Setup:

Provide each student with a piece of paper and a writing instrument. If using coloured markers or crayons, students can use them to make their goal map more visually engaging.

## Activity:

### 1. Set a Goal for This Month:

Ask students to think about one specific goal they would like to achieve in the next month. This goal should be achievable within that time frame, such as finishing a book, learning a new skill, or improving in an area of schoolwork or sports.

### 2. Create a Simple Goal Map or Plan:

Have students create a visual map or written plan outlining the steps they will take to reach their goal. Encourage them to break the goal down into smaller tasks or 'hurdle steps' that they can work on each week or day, making the goal feel more manageable.

### 3. Track Your Progress:

As students work toward their goal, encourage them to track their progress. This can be done by checking off tasks, writing notes about how they're doing, or drawing symbols that represent completed steps. It's important as the teacher to remember to come back to this activity for a few minutes each week to check on and celebrate any progress or efforts made to attain the goal.

## Reflection Prompt:

- How will achieving this goal make you feel?
- What steps can you take this week to get closer to it?
- How can you stay motivated to keep working on your goal?



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## Winning the Game:

There is no winner in this activity. The goal is to develop focus and resilience in students by helping them plan, track, and achieve their goals.

## Family or Classroom Variation:

In a group setting, students can share their goals and plans with a partner or the class. This promotes accountability and encourages students to support each other in reaching their goals. You could also create a "Goal Wall" where students can track their progress and cheer each other on.

## Additional Notes:

Goal Mapping helps students develop important life skills such as planning, organisation, and self-discipline. By setting goals and tracking progress, students learn how to achieve success in a structured way. This activity encourages a growth mindset, showing students that success comes from setting realistic goals and consistently working toward them.

