



Short & Long Term

LESSON

LEARNING & DEVELOPMENT OUTCOME

Participants will set and meet goals, even in the face of obstacles and competing pressure by setting a classroom goal.

MATERIALS

Poster markers or Whiteboard markers

AGE ADJUSTMENTS

This lesson works at any age! You can choose to modify the intro to fit your group.

Lesson Plan

Introducing the Lesson

- Have participants remind each other what a goal is. You can also choose to share this. Tell the group that we'll be using two types of goals today, short and long term.
- Ask the group to come up with examples of short term and long term goals.
 - **Short-term:** a daily goal or something we accomplish within a year or less (eg. *make my bed every day for a month or do something kind for someone*).
 - **Long-term:** Something you want to accomplish further into the future (eg. *become a teacher or start a business*). Long term goals require time, planning, and completing multiple short term goals along the way.

Experiencing the Lesson

- Split the group up into groups of three to four and give each a poster and markers.
- Tell participants that we will be working on how to achieve the long term goal, "Be Kind to Others".
- Have them write it at the top of their posters and then ask them the following questions one at a time, providing time to discuss it and record on their poster however they'd like.
 - Why is this goal good for us to have?
 - What are five short term goals that will help us achieve this long term goal?
 - How will we know when we achieved this goal?
 - When do we want to complete this goal?



Do we need to use "Be kind to others"?

"Not at all! Choose a long term goal that is appropriate for your group! A tip: Make sure the goal is something that ALL of your participants can accomplish."



Closing the Lesson

- Have each group share one thing they wrote on their poster. Allow groups to add more once you have heard from all of them!

After the Lesson

- Give the participants the worksheet and have them repeat the same activity for themselves.

Further Exploration



- If you haven't already, have participants fill out the worksheet with their own personal long term goal and five short term goals that will help them achieve the long term goal.
- Allow participants to find two others that they would like to work with.
- In each trio, have the group choose who is "earth", "wind", and "fire".
- "Wind" gets to go first! Have wind share their long and short term goals with their trio.
- After "wind" has shared, the trio will get three to five minutes to brainstorm ideas of how they can help "wind" achieve their goal. For example: *Encourage them; Ask them how it's going; Give them a prize when they finish.*
- Repeat this for both "fire" and "earth".

Get Creative

- Come up with a fun introduction to tell your participants that they are going to be acting as news reporters trying to find out tips on how to achieve your goals.
- Put participants in small groups of up to five. It is encouraged to put them in a new group of people if they have already completed the original and Further Exploration options in this lesson.
- Each participant should have their own paper and writing utensil.
- Give the groups five minutes to brainstorm questions that will help them find out how people achieve their goals.
- Participants should write down the questions that they like on their papers.
- End with having your participants think of three people that they can ask these questions to. It can be anyone outside of the group!
- Allow the participants a day or so to do their reporting and come back together to explore all the answers once that time frame is up!

Online

- Prepare a shared document such as Google Jamboard or Slides for groups to write down their long and short term goals.
- Creating a template that they can fill in is suggested. If you take a screenshot of the worksheet and make it the background of the document, participants will be able to type on top of it with ease.
- Make sure participants label their pages with their names.





BRING YOUR GOALS TO LIFE

MY LONG TERM GOAL

5 SHORT TERM GOALS
& how they will help me achieve my long term goal!

1.

2.

3.

4.

5.

Worksheet for: Short & Long Term

K-2

3-4

5-6

7-8

9-12

ASB