



# What is a Goal?

**\*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 is written for a K-2 audience and focuses on learning what a goal is and how to write it down. For older audiences, use this lesson to focus more on participants writing down the goals they want to accomplish and experience sharing them aloud.

## Lesson Plan

### Introducing the Lesson

- Today we will be learning about goals!
- Share the definition of a goal. Use this or provide your own if you desire: *Something that you are trying to do or achieve* (Merriam- Webster)
- Have the group share some examples of things they are trying to do or achieve. For example: *Keeping my room clean; Being nice to others all the time; Not forgetting my jacket when it's cold.*

### Experiencing the Lesson

- Provide each participant with a piece of paper and a writing utensil. If available, provide coloring utensils as an option.
- Have each participant choose one goal that they really want to try to do.
- Allow them to practice writing this goal on the piece of paper. Wander around the room to assist any students that need help with letters or spelling.
- Give the group time to decorate their goals.

### Closing the Lesson

- Have each participant stand up and say their goal out loud to the group, while showing off their paper.
- Facilitator note: write down their goals as they share so that you have a record of them!

### After the Lesson

- Keep your list of goals and check in with participants periodically throughout the year.



What if they can't choose a goal?

"We encourage you to have some simple and applicable examples to share with individual participants if they are stuck choosing. Some times, participants just may not feel comfortable sharing. If this is the case, allow them to pass and try again the next time!"



## Further Exploration



- Repeat this lesson sporadically throughout your time with your group.
- Explain to your participants that when we complete our goals, we should set new ones! And that as time passes and things change, we might find we want to try new goals as well!
- If you can provide your participants with a way to compile all their goals, like in a folder or a binder, please do! If not, encourage participants to find a safe place to keep them so they can see them all the time!

## Get Creative

- Gather newspapers, magazines, old books, anything that is able to be cut up into pieces.
- Have your participants make a collage on a piece of paper (cardstock is recommended) that includes:
  - their name and the word "goals" --> "*Tony's Goals*"
  - any pictures that represent their goals
  - words or sayings that will encourage them to achieve their goals
- If you have the resources to provide your participants a folder or binder to put their goals in (as mentioned in the Further Exploration option), have participants complete their collages on the front and back covers.
- If you do not have folders or binders, three hole punch the collage and goals so participants can make their own "binder" to add new goals to.

## Online

- Create a shared document for each participant. A platform like Google Draw is a great option for this lesson as it provides the ability to free draw, add pictures, type, etc.
- Use the share screen function to share each of the participant's goals when they share.
  - It is suggested that you as the facilitator have the shared documents open to share to ensure appropriateness and to ease any technology challenges that may arise.
  - If you are having your participants learn how to use the screen sharing option, make sure you check each of the documents before you allow them to share.

