

Lesson Overview

Goal Setting



Recommended
4th Grade



Length
50 - 100 Minutes

About This Lesson

In this lesson, students learn how to set and stay on track with their goals when faced with various obstacles. They learn to identify the characteristics of a good goal (i.e. achievable and specific), explore potential goal obstacles and ways to overcome them, and reflect on one of their own goals.

Learning Objectives

By the end of this lesson, students will:

- Identify characteristics of a good goal (i.e. achievable and specific)
- Explore potential goal obstacles and ways to overcome them
- Reflect on one of their own goals and the challenges they may face (or did face) in completing the goal
- Understand that setting goals makes their dreams possible / achievable
- Build teamwork skills by helping someone else work towards their goal

Driving Question

What could stand in the way of achieving your goals?

Future-Ready Skills

Perseverance

Self-Management

Lesson Breakdown

30-40
minutes

Activity 1 - Mission: Goal Setting

Direct students to complete **Mission: Goal Setting**, where they will consider what factors could stand in the way of achieving their goals.

20-60
minutes

In-Real-Life Mission: Coach a Goal-Getter!

In this extension activity, students help someone they know work towards a goal they've set. They can use the handout to record their findings, or create a video, audio recording, or photo collage of their mission. They then upload the artefact to **Storyboard**, and reflect on what they learned.

Xello Entry Points

Students will add at least 1 goal before beginning **Mission: Goal Setting**. As part of the extension activity, students will upload their handout or artefact to **Storyboard** and reflect on what they learned about the topic and themselves.

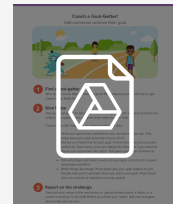
Vocabulary

- Goal
- Obstacle
- Procrastinate
- Distraction
- Excuse
- Motivation
- Realistic

Student Handouts

View and share the handouts included in the next pages.

If you have a Google account, click the image below to make a copy of the handout in your Google Drive. Edit the copy and share it with your students.



xello

Coach a Goal-Getter!

Help someone achieve their goal



1 Find a goal-getter

Who do you know that is chasing a goal? Pick someone you could help to get closer to the finish line.

2 Give 5 tips

Ask your goal-getter to tell you all about their goal. What's working for them and what is a struggle? Then, suggest some ways you can help.

Coach them with these tips, or come up with your own:

- Write your goal down somewhere you can see it every day. This helps keep your goal at the top of your mind.
- Decide on a finish line for your goal. A time frame can help you plan and focus. Don't worry, you can change the finish line if you need to!
- Break your goal down into steps. This gives you a plan to follow to help you reach your goal.
- Pick what days and times to work on your goal, and stick to it. Goals need time and effort.
- When things feel tough, think about why your goal matters to you. Decide how you'll celebrate when you reach your goal. That should give you a boost of motivation to keep going!

3 Report on the challenge

Type out your report in the worksheet, or upload some photos, a video, or a sound recording. Or do both! Before you finish your report, add your thoughts about what you learned.

Coach a Goal-Getter!

Help someone achieve their goal

Who are you coaching? _____

What 5 tips did you give them?

1.

2.

3.

4.

5.

Coach's Notes: How did it go?

Add any other tips you have for achieving your goals: