

## 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 artifact to **Storyboard**, and reflect on what they learned.

View Spanish handout on page 5: [Misión para la vida real: ¡Forma a un alumno que concrete objetivos!](#)

## 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 artifact to **Storyboard** and reflect on what they learned about the topic and themselves.

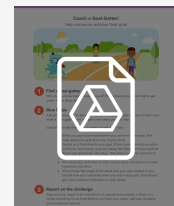
## Vocabulary

- 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, choose a version below to make a copy of the handout in your Google Drive. Edit the copy and share it with your students.



[Copy English handout](#)



[Copy Spanish handout](#)



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# 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:

# ¡Forma a un alumno que concrete objetivos!

Ayuda a alguien a alcanzar su objetivo



1

## Encuentra a alguien que concrete objetivos

¿Qué persona que conoces se propuso alcanzar un objetivo? Elige a alguien a quien podrías ayudar a acercarse más al punto que marque el alcance del objetivo.

2

## Brinda 5 consejos

Pide a quien intenta alcanzar una meta que te cuente acerca de ella. ¿Qué funciona y qué genera dificultades en su caso? Luego, sugiere algunas formas de dar ayuda.

Prepáralo con estas sugerencias o piensa en alguna propia:

- Escribe tu objetivo en algún lugar en el que puedas verlo todos los días. Esto sirve para que lo priorices.
- Define un punto que marque el alcance de tu objetivo. Un cronograma puede servirte para hacer planes y concentrarte. No te preocupes, puedes cambiar el punto de alcance del objetivo si lo necesitas.
- Divide tu objetivo en pasos. Esto te proporciona un plan que podrás seguir para alcanzar tu objetivo.
- Elige los días y horarios en los que te dedicarás a tu objetivo y mantenlos. Para alcanzar un objetivo se requieren tiempo y esfuerzo.

- Cuando sientas que la situación se complica, piensa en la razón por la que tu objetivo es importante para ti. Define la manera en que celebrarás cuando alcances tu objetivo. ¡Eso debería motivarte para seguir adelante!

**3**

### **Hacer un informe sobre el desafío**

Escribe tu informe en la hoja de trabajo o carga algunas fotos, un video o un sonido grabado al Guión gráfico. ¡Puedes hacer todo! Antes de finalizar tu informe, agrega tu opinión sobre lo que aprendiste.

# ¡Forma a un alumno que concrete objetivos!

Ayuda a alguien a alcanzar su objetivo

¿A quién prepararás? \_\_\_\_\_

Quels sont les 5 conseils que tu as donnés?

1.

2.

3.

4.

5.

Notas del preparador: ¿Qué tal te fue?

Agrega cualquier otra sugerencia que podrías hacer para lograr los objetivos:

A large, empty rectangular box with a thin black border, intended for the user to write any additional suggestions for achieving the objectives.