

# X MARKS THE GOAL

## A Goal Setting Lesson

### OVERVIEW

Students will work together to create a classroom goal and then set an individual goal with steps outlining how they will reach their goal.

### OBJECTIVES

- Students will learn what a goal is and how to set a goal.
- Students will learn why it is important to have a plan for how to reach a goal.

### PURPOSE

Setting goals and making a plan to reach those goals can help students build a growth mindset, learn how to be resilient and develop decision-making skills. In this lesson, students will learn how to not only set individual goals but also group goals. It is important for students to understand that there are different types of goals and that some goals require a group effort.

### NOTE

The “In Your Own Words” sections offer language to help you explain this lesson to your students. Read these to “get the gist” of the concept, and then use your own language and way of being to explain the concept to your students in your own words.

Additionally, this lesson can be broken up into two days. On the first day the class will discuss the classroom goal and on the second day students will set their individual goals. Breaking up the lesson into two days may be beneficial for younger students.

### YOU WILL NEED

- ‘X Marks the Goal’ worksheet
- Chart paper
- Markers or crayons

### PREPARE

- Print a copy of the ‘X Marks the Goal’ worksheet for each student.

### VOCABULARY

#### GOAL

something you are trying to do or achieve



# PRESENT

## IN YOUR OWN WORDS

"Today, we are going to talk about setting goals. Who can tell me what a goal is? (Let students answer.) That's right, a goal is something you want to do or accomplish."

Write CLASSROOM GOAL on the chart paper.

## IN YOUR OWN WORDS

"Let's take some time to think of a goal for our classroom. This can be something we want to focus on and work towards as a class. "

Write student responses on the chart paper. Here are a few examples of classroom goals to help prompt students if needed:

- Put all paper in the recycling bin instead of the trash bin.
- Line up quietly.
- Keep our classroom tidy.

After finishing the brainstorm, decide as a class which goal to choose. Circle the goal.

## IN YOUR OWN WORDS

"It looks like we've decided on our goal with be \_\_\_\_\_. Now let's take a few minutes to think of these things we can do to reach that goal."

Underneath the goal brainstorm, write the action items that students recommend. As a class, pick three items. Circle the three action items.



## PRACTICE

Students will now practice goal-setting by setting an individual goal.

Give each student a 'X Marks the Goal' worksheet. Explain that for this activity they will think of a goal they would like to reach.

Once they have decided on a goal, they will then write three steps they can take to reach their goal. Remind students that reaching a goal takes time and effort. By planning the steps they will take, they can map out a clear path for reaching their goal.



## KEEP THIS LESSON ALIVE

Write the class goal and action items on a separate piece of chart paper that can be displayed in the classroom. Check in on the classroom goal regularly and assess the progress. Also, check in with students on their individual goal and see how they are doing with their plan. Remind students that if something is not helping them get to their goal, they can think of a different action item that will help them reach their goal.

NAME: \_\_\_\_\_

Write your goal in the island marked with an X. In each of the other islands, write a step you can take to help you reach your goal.

