

Activity 6 - Ready Set Goal

Grade: K - 5

Instructional Materials

- copies of Attachments 4 and 5

Introduction

Ask for three volunteers to do an important job for you. Have the students come to the front of the class. Explain it is very important they follow all directions and complete the job quickly and quietly. Send them to do the job. When students ask what they are to do, remind them to follow directions and complete the job quickly and quietly. Ask the class to state the problem with the directions you have given. (there were none) Ask: Why can't these students be successful? Discuss the need to know where you are going in order to successfully complete a task.

- A. Ask students what setting a goal means to them.
- B. Have students generate a list of goals they have set and achieved.
- C. Tell students they will be setting a goal today. This goal should have the following attributes:
- Your goal should be very specific.
 - You need to be able to tell when you have reached the goal.
 - You try a new approach to achieving the goal. (People tend to keep using the same strategies, even if they are unsuccessful.)
 - You need to set a deadline and stick to it. You can reevaluate your goal at this time.
- D. Provide examples of obtainable goals:
- going to college
 - scoring a goal in soccer
 - learning a dance routine
 - getting a better grade on a test
 - keeping out of trouble in class or at home

- E. Have students write their goal on Attachment 4. These may be displayed in the room.

Assessment

Assess each student's goal using the rubric on Attachment 5.

Enduring Understanding

Successful people exhibit the traits of creativity, goal setting, intelligence, courage, and kindness.

Guiding Question

Why is goal setting important?

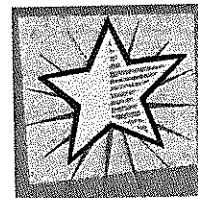
Goal

I will have my backpack ready the night before, so I don't have to hurry in the morning.

Steps:

- show my parents what is in the backpack
- do my homework
- return everything to the pack
- place pack by the door

Name: _____



My Goal

	GOAL
	STEP 3
	STEP 2
	STEP 1

Attachment 5**Goal Setting**Name _____ Score /12

Content Standard	Standard	Student Assessment	Facilitator Assessment
Student has a logical plan to reach their goal.	3		
Student has identified three steps to meet his/her goal.	3		
Student has a deadline for reaching the goal.	3		
Skill Standard			
Spelling and grammar is correct.	3		

4= Exceeds standard

3= Meets standard

2= Nearing standard

1= Below standard