Lesson overview

Goal setting

Recommended:
4th grade

Length:
40-100 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

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. Create a copy of or download the Mission: Goal setting - introduction template (also available in Spanish) to introduce the lesson to your students.

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.

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

Materials required

- Computers or tablets with internet access
- Mission: Goal setting - introduction template (also available in Spanish)
- In-real-life mission: Coach a goal-getter! (also available in Spanish)

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