Lesson overview

Goal setting

4 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

Click the link below to open the handout in Google Docs. Click **File** and **Make a copy** to save it to your own Google Drive. Now you can make your changes to the handout before sharing with students! Or, under **File**, click **Download** so you can begin sharing the PDF, as is.

Copy student handout

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