

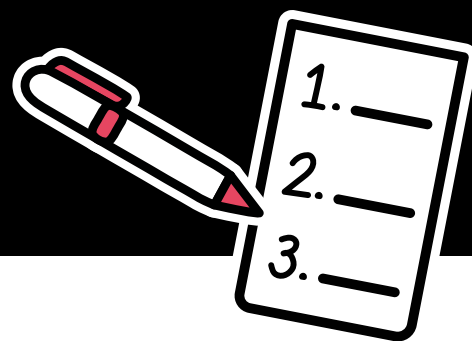
# Goal Setting:

## *Mental Wellness Teacher Lesson Plan*



# Reflect and Practice

## Goal Setting



**Hello, teachers!**

**In this booklet, you will find:**

**on pages:**

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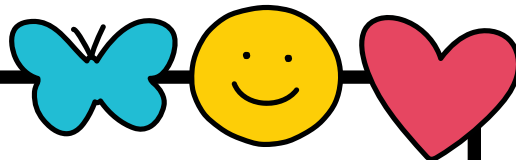
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## Questions? Comments?



You can reach out to us anytime by emailing us at [Educators@KidsMentalHealthFoundation.org](mailto:Educators@KidsMentalHealthFoundation.org).  
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Thank you for downloading this lesson from **The Kids Mental Health Foundation**, proudly founded by **Nationwide Children's Hospital**. The Kids Mental Health Foundation is on a mission to give free expert-created resources to all U.S. communities so everyone can understand and promote mental health for children.

# Goals:

## *Helping Kids Set Them*



What matters most to kids? What do they hope to accomplish? These answers will likely vary, ranging from getting good grades to being good at soccer.

Accomplishing goals can help build happiness. This is why we should teach kids simple goal setting tools, even at a young age. For example, teaching kids how to set concrete steps to reach their big goals will help them both in what they achieve and how they manage obstacles.

### How do we teach kids to craft goals?

Setting goals can seem overwhelming for kids. Follow these steps for a smoother process:

- **Let them create:** Let students develop their own goals. They know what they want to do best and will be more motivated accomplishing what they know is important to them.
- **Help them break goals down:** Kids may set big goals that reflect who they want to be or the life they want. For example, “Be a good student”. Help them break goals down into smaller steps. One way to do this is the SMART method (see details on the next page), which helps kids craft measurable, achievable goals.
- **Celebrate progress:** To maintain enthusiasm for their goals, consider marking your student’s progress in a visual, tangible way. You could use a checklist of steps for completing the goal. You can also consider mini rewards when they’ve reached certain milestones toward their goal. The key is to help your student not lose steam and maintain progress toward their goal.



*Continued*



### What is the SMART method?

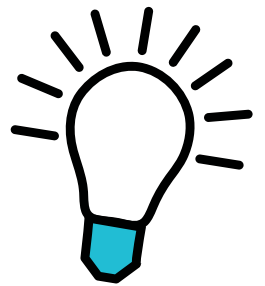
1. **Specific:** Have students narrow down their goal to something well-defined. Consider specifically what they want to accomplish and what specific steps are necessary to accomplish that.
2. **Measurable:** Have kids create goals with quantifiable objectives so they can see if they're making progress. Maybe they want to read more. That's great, but a better goal would be "to read 3 books this month."
3. **Attainable:** Make sure the goal is realistic. Discuss with the child how they plan to accomplish their goal so they can determine if it's doable.
4. **Relevant:** Ask kids if their goals match up with what they said matters most in their lives.
5. **Timely:** Make sure the goal has a quantity or deadline in mind so that the goal is not forgotten.

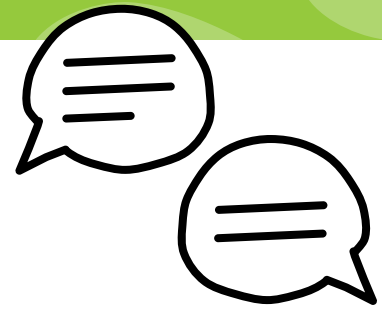




## How do I turn a goal into a plan?

- **Encourage kids to brainstorm many ideas and solutions that could help them meet their goals.** This helps them learn to ask whether these ideas are measurable or attainable.
- **Create a plan:**
  - Help the student develop a plan for meeting their goal. They may need help breaking a long-term goal into short-term objectives.
    - “Make more friends in school” could be broken down into “Invite one person over each week.”
  - Discuss obstacles they may face along the way and how they’ll address those.
    - Not knowing how to move a friendship beyond the school environment could be an obstacle. Talk about strategies for moving past that challenge (inviting person over to play, asking for contact information, etc.)
  - Breaking the goal into manageable chunks can help the child stay on task and feel more capable of meeting their next goal.
    - “Make more friends in school” could become:
      - “Introduce yourself to one new person each week.”
      - “Invite one new person each week to play a game at recess.”
      - “Ask one person a month to come over after school.”
- **What if my student wants to quit their goal?** Encourage them to consider the why behind their goal again. That can be helpful motivation to keep going.
  - Ask them what obstacles they are facing and see if you can come up with some solutions. They may just need someone to talk with to see the way through.
  - If they ultimately decide to quit this goal, encourage them to set a new one that fits their “why” better.





# Goal Setting Activity

### Materials Needed:

Goal Setting worksheet

### Objective:

This activity aims to help students set academic goals for the second half of the year. You can have your students complete the included worksheet.

### Directions:

First, talk about goals and how they help us achieve new things and become our best selves.

- Discuss possible academic or behavioral goals your students may pursue (e.g. reading a certain number of books, reaching a new level in an educational computer program, reaching a certain number of “good behavior” days.)
  - Remember that your students may start with abstract goals like “do well in school.” You may need to guide them into smaller, more concrete goals that will help them achieve success.
  - Then, help them break these concrete goals into smaller steps. You can use the provided worksheet to do so.
- Using the worksheet provided, have students write down their goals. For younger students, you may have to rely more on drawing out their goals.
- Next, have them write the steps they need to follow to achieve those goals. Talk about who can help them achieve these goals (i.e. their teachers, parents, etc.)
- Discuss the challenges that may come up in trying to reach their goals. What might get in the way and how can they overcome them?
- As their teacher, consider the goal setting strategies we discussed and how you can implement them in your classroom to help your students achieve their goals.

# Goal Setting

## Directions:

Complete this worksheet with your goal for the rest of the school year. Think about what steps you'll need to take to achieve this goal and any challenges that may come up.



## My goal:

(write or draw it out)



## What might get in the way?

## Steps to reach my goal:

Color in the star next to the step once you finish that step.



## Who can help me?





## All About Goal Setting

Your child is learning about goal setting at school. Teaching kids how to set concrete steps to reach goals will benefit them both now and in the future. This is because accomplishing our goals help us feel happier!

### How do we teach kids to set goals?

Setting goals can seem overwhelming. Follow these steps for a smoother process:

- **Let them create:** Let children develop their own goals. They know their interests and will be more motivated accomplishing what they know is important to them.
- **Help them break goals into small steps:** Children tend to set big goals that reflect who they want to be or the life they want. For example, “To be a good student.” Help them create smaller steps to achieve their goals.
- **Celebrate Progress:** To maintain enthusiasm, consider marking your child’s progress in a visual, tangible way. This could be a checklist of steps or small rewards when they’ve reached certain milestones toward their goal.

[More About Helping Kids Set Goals](#)



### Help them turn goals into plans.

- **Encourage kids to brainstorm many ideas and solutions that could help them meet their goals.** This helps them learn to ask whether these ideas are measurable or attainable.
- **Create a plan:**
  - Help your child develop a plan for meeting their goal. They may need help breaking a long-term goal into short-term objectives.
  - Discuss obstacles they may face along the way and how they’ll address those.
  - Break the goal into smaller chunks to help your child stay on task.
- **What if my child wants to quit their goal?** Encourage your child to consider the why behind their goal again. That can be helpful motivation to keep going.

## For More on Children’s Mental Health

At The Kids Mental Health Foundation, we envision a world where mental health is part of every child’s upbringing. That’s why we’re working with your child’s teacher to send out monthly mental wellness resources.

If you’d like to learn more about children and mental wellness, feel free to check out our website at [KidsMentalHealthFoundation.org](https://KidsMentalHealthFoundation.org) and sign up for our newsletter at [\*\*KidsMentalHealthFoundation.org/Sign-Up\*\*](https://KidsMentalHealthFoundation.org/Sign-Up).





## Acerca del establecimiento de metas

Su hijo está aprendiendo sobre el establecimiento de metas en la escuela. Enseñar a los niños a establecer pasos específicos para alcanzar sus metas los beneficiará tanto ahora como en el futuro. Eso es porque puede ayudarlos a lograr más cosas y a controlar el estrés.

### ¿Cómo enseñamos a los niños a establecer metas?

Establecer metas puede parecer abrumador. Siga estos pasos para facilitar el proceso:

- **Déjelos crear:** Deje que los niños desarrollen sus propios objetivos. Ellos conocen sus intereses y estarán más motivados si logran lo que saben que es importante para ellos.
- **Ayúdelos a crear pequeños pasos:** los niños tienden a establecer metas grandes que reflejan quiénes quieren ser o la vida que quieren. Por ejemplo, “Ser un buen estudiante”. Ayúdalos crear pasos más pequeños para cumplir sus metas.
- **Celebre el progreso:** Para mantener el entusiasmo, considere marcar los progresos de su hijo de forma visual y tangible. Puede tratarse de una lista de pasos a seguir o de pequeñas recompensas cuando haya alcanzado determinados hitos hacia su objetivo.

**Mas sobre como ayudar a sus hijos a establecer metas**



### Ayúdelos a convertir sus metas en planes.

- **Anime a los niños a que aporten muchas ideas y soluciones que puedan ayudarlos a alcanzar sus metas.** Esto les ayuda a aprender a preguntarse si estas ideas son medibles o alcanzables.
- **Elabore un plan:**
  - Ayude a su hijo a elaborar un plan para alcanzar su meta. Puede que necesite ayuda para dividir una meta a largo plazo en metas a corto plazo.
  - Hable de los obstáculos que puede encontrar en el camino y de cómo los abordará.
  - Divida la meta en partes más pequeñas para ayudar a su hijo a no desviarse de la tarea.
- **¿Y si mi hijo quiere abandonar su meta?** Anime a su hijo a plantearse de nuevo el porqué de su meta. Eso puede ser una motivación útil para seguir adelante.

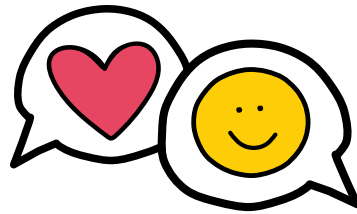
## Para más sobre la salud mental de los niños

En The Kids Mental Health Foundation imaginamos un mundo donde la salud mental es una parte fundamental en la crianza de cada niño. Por eso, estamos trabajando con el maestro de tu hijo para enviar recursos mensuales sobre el bienestar mental.

Si deseas obtener más información sobre los niños y el bienestar mental, visita nuestro sitio web en

**[KidsMentalHealthFoundation.org/es](https://KidsMentalHealthFoundation.org/es)**.

# Keep the Conversation Going



Continue the conversation with students throughout the month. Here are some conversation starters you can use.

## Conversation Starters

Have you ever set goals?  
What were they?

## Conversation Starters

What are some good rewards for reaching goals?

## Conversation Starters

How can you break down a goal when it feels too big and overwhelming?

## Conversation Starters

What would be one goal you'd set around school?

## Conversation Starters

What are some ways to get back on track when you're facing an obstacle to your goal?

## Conversation Starters

If you're not making progress toward your goal – how can you get back on track?

## Conversation Starters

What would be one goal you'd set for after school activities?

## Conversation Starters

Some people create "bucket lists," which are goals they have that they want to achieve sometime in their lifetime.  
Can you think of a bucket list item you'd have?

## Conversation Starters

How can our friends or parents help us meet our goals?  
Are there other people that can help us achieve our goals?

## Conversation Starters

When are popular times in the year for people to set goals?  
Why do you think that is?