ClassDojo

MONSTER
GOAL SETTING

Help your students set goals and work towards them by creating a vision board with this no-prep activity! Students can draw, write, or collage their goals, depending on the materials you have available and their ability level. They will consider short, mid, and long-term goals and reflect on the choices they could make today to accomplish those goals.

PREPARATION

A Download and print copies of the "Monster Goal" worksheet for each student in your class.

B Grab a few sets of pens or pencils.
(Optional) Markers, crayons, old magazine to cut apart, other art supplies.

C One reflection sheet for each student.

SMART

ACTIVITY

1 Open this activity with a discussion of how to set goals. Ask students if any of them have a goal. Feel free to have students share appropriate goals and see if anyone else shares their goal.

2 Ask students why it is important to have goals. Write their responses on the board.

3 Write on the board the letters: **S. M. A. R. T.**

4 Tell students that in order to be meaningful, goals need to be SMART.
Write the following words beside letter and discuss what it means;

- Specific (Do you want to be an athlete or do you want to play soccer for a specific team? Do you want to be a better student or do you want to get an A on your spelling test?)
- Measurable (How will you know you have met your goal?)
- Attainable (Is this realistic?)
- Relevant (Is this a goal that matters to you or a goal someone else has set for you?)
- Timely (When do you want to accomplish this goal? What's your deadline?)
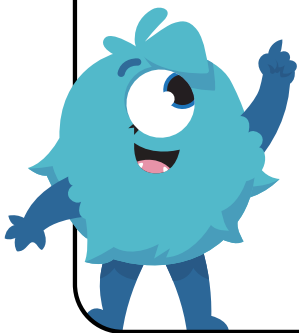
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ACTIVITY (continued)

5 Tell students that they are going to set some SMART goals for themselves based on where they want to be tomorrow, next month, next year, and when they grow up.

6 Pass out the Monster Goal Setting template and give students as much time as necessary to enter goals for each of the sections. Students can cut out and paste on images or words from magazines if they are available. Students could also write words or draw images in each of the sections if no magazines are available.

7 When students are finished with their collages, feel free to have them share or hang them around the room to inspire others.

8 If time allows, pass out the optional follow-up Reflection sheet to help students make plans to meet their goals.

9 Extension: You could create a Class Goals poster or bulletin board and allow students to add their goals and be inspired every day!

S. M. A. R. T.

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I can set monster goals for my future!

Who do you want to be in...

Tomorrow

Next Month

Next year

When I grow up

Name: _

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REFLECTION WORKSHEET
How can I reach my goals?

INSTRUCTIONS
Use this sheet to consider how you can meet one of your goals.
Remember! Goals should be:

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QUESTIONS

1   What was one of your SMART goals for _____ ?

_____

2   What is one thing you could do TODAY that would help you reach that goal? What
is one small thing you could do EVERY DAY that would help?

_____

3   How will you know when you have reached your goal? How are you measuring your goal?

_____

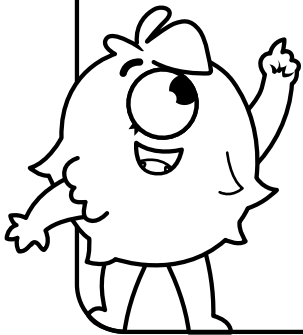**4**   How do you think it will feel when you meet this goal?

_____

Name: _____.

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I can set monster goals for my future!

Who do you want to be in...

Tomorrow

Next Month

Next year

When I grow up

Name: _____

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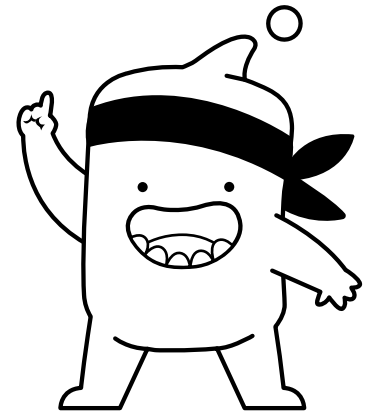
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QUESTIONS

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2 What is one thing you could do TODAY that would help you reach that goal? What is one small thing you could do EVERY DAY that would help?

_____

3 How will you know when you have reached your goal? How are you measuring your goal?

_____

4 How do you think it will feel when you meet this goal?

_____

Name: _____.