



ENGAGE

Activity Guide 1

Understanding Goals

Key stage 2 • Years 3 - 6

ACTIVITY 1: Understanding Goals

Learning objective:

- ▶ Your child understands what a goal or a target is.
- ▶ Your child understands why goals help us.
- ▶ Your child understands how we can use goals.

Learning approach:

We encourage you to position goals and the whole process of goal setting as follows:

- ▶ Goals are things that we want to do, achieve or make happen. We can decide on what our goals are.
- ▶ When we have goals we can get more done.
- ▶ Goal setting helps us to get better at lots of different things and is a lot of fun!

When you feel that your child understands what goals are, we encourage you to have a conversation with them about examples of goals that you already set at school and home. For example they might be trying to learn how to ride a scooter.

Explain to your child that even if this isn't called a 'goal' this is what it is: you are trying to do something on purpose and work towards it. That is a goal!

To finish off the conversation, have the children write or draw their goals on the 'My Goals' printable sheet that follows this PDF. Please note your child may need prompting on some ideas here. At this stage, these should just be goals that you are already working towards, and that your child is passionate about achieving for themselves (not necessarily something you want as a parent!). For instance, doing 20 keepy-uppies.

We'd love to see photos of the activities in action in your setting! Why not share your pictures at:

