



ENGAGE

Activity Guide 3

The Goal Gauge

Key stage 1 • Years 1 & 2

ACTIVITY 3: The Goal Gauge

Learning objective:

- ▶ Children learn to notice all of the things that they achieve.
- ▶ Children develop a habit around celebrating their successes through goal setting.

Learning approach:

Recap the three goal settings stages from the last activity:

- ▶ Set a clear goal - what does success look like?
- ▶ Describe key actions – what do you need to do to achieve your goal?
- ▶ Identify any help you need - what help might you need and where can you get it?

When you feel your child is comfortable with this stage, we suggest you set three simple goals together. One example might be: 'keeping my room tidy' - you would use the goal setting approach to explain this.

- ▶ Set a clear goal: Keep my room tidy.
- ▶ Describe key actions: Spend ten minutes a day keeping on top of my tidying.
- ▶ Identify any help you need: Mum or Dad could help with suggestions of where to put everything away.

Capture your child's three goals on Ernie's printable Goal Gauge - print out a sheet for each goal. Have your child colour in the steps on the gauge as their goals are achieved. If the gauge is full to the top at the end of the week, congratulate them, and maybe give them a treat!

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

