

Florida Welcomes Stella!

Goal Cards

Classroom Goal Setting Lesson:

Learning Outcome:

- Students will realize the importance of setting goals and working together as a team
- Students will successfully create and follow steps in a time-line to achieve their class goals (Goals Set)
- Grade levels: 2-5

Materials:

2 pocket folders (manila/file folders work just fine)
2 3x5 Note cards for each student
Whiteboard / large piece of paper for brainstorming
Wall space in the classroom (it's important that this space is visible on a daily basis)

Time Needed:

30-45 minutes

Teacher Preparation:

Gather necessary materials and find usable wall space for the two folders, as well as the large paper if not using a whiteboard. Allow adequate time, depending on your grade level for this activity. If needed, make adjustments for the activity to succeed within your classroom.

Part 1: Classroom Discussion/ Goal Setting

- Ask your class:
 - What is a goal?
 - Why are goals important?
 - What is a short-term goal and what is a long-term goal? What is the difference? How are they similar? Why are they both important?
 - Are some goals easier to reach than others?
 - What is an obstacle? How do obstacles affect our ability to reach a goal?
- Ask students to brainstorm and think of goals for your class as a whole. (Examples: Reading 100 books, dedicating 20 minutes of journal time a week, recycling, setting aside time for monthly letter writing, or a fitness regimen to become healthier.) Be creative — and have fun! Write these on the board (or large paper) so students can see what they have come up with.
- As a class: Choose a short-term goal and one long-term goal. (The length of each goal is determined by what you believe your specific grade level can achieve.)
- Ask students what steps are needed to achieve each goal. Write the steps on the board so that they can understand why a clearly defined path is necessary for the success of the goal.
- After the steps are defined, discuss and create a time line for each goal.
 - Examples of short-term goals: We, as a class, are going to monitor our progress in math scores each week for one month.
 - Examples of long-term goals: We are going to discuss our progress every two weeks for the whole year.

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- Mark these check points on a calendar that is visible to the class. Making a visible timeline will help to share responsibility amongst the students as time progresses.
- Explain that timelines are a necessary part of achieving set goals. Timelines allow for the goal to be monitored and or changed if need be so that the final goal(s) is (are) met.
- When the goals, steps and timelines have been determined, decide as class what kind of celebration/reward will be had once the goals are reached (pizza party, free dress days, homework passes, movie day, etc...). Let them know that rewards/celebrations are important parts of the goal setting process as this will inspire any team to move forward (like Stella) in accomplishing their final goal(s).

Stella's Fun Fact:

Did you know...Stella has a goal too? She needs to make it up to Jacksonville by November 17, for the Right Whale Festival. Let Stella's goal encourage you when you think of your own goal. This way we can journey along with Stella's migration and accomplish our goals!



Part 2: Making Goal Cards

- Write the goal(s), steps and celebration/rewards on the outside of each pocket/file folder.
- Have each student write their name and particular steps on both of the 3x5 note cards and note card in both folders. Note cards will represent a student's promise toward achieving these goal(s).
- Display goal cards in an area of the classroom where students can see and be reminded of the class' long and short term goals.

Part 3: Progress Check For Each Goal Set

- Ask students how they are feeling about each goal. Are they excited, motivated or frustrated? Let students know that these feelings "positive and negative" are important to recognize in the process of reaching the goals set.
- As a class, decide if any changes need to be made in order for your class to be triumphant and reach their goal(s).
- Repeat this process each time the class performs a "progress check".

Part 4: Wrap Up and Celebrate

Were the above learning outcomes met?

Now, CELEBRATE! Take this time to ask your students what they learned and how they can continue to apply goal setting to their lives and classroom. Decide as a class if you would like to make some new goals. You may be surprised at how easy it becomes now that the class has seen what team work can produce!