

Subtopic 4: What's My Goal?

Planning & Dreaming

Sometimes we just do stuff because we're bored. Some kids have too many things scheduled and feel stressed. Others feel like there's nothing to do and end up doing things they don't care about. Either way, it's important to find a balance and choose things that feel meaningful or exciting.

Student Goals:

- Understand what a goal is.
- Think about what they want more of or less of.
- Practice making a simple plan to achieve a desired goal.

Timeframe

Flexible timing/ adaptable format: Can be completed in short segments or extended across multiple sessions.

Example Conversation Starters

- "What's something you'd love to try?"
- "What would you like *more* of in your free time?"
- "How can you make a plan to do that?"

Activity Options

Mission Challenge:

Pick a class goal or individual goal or "mini mission" for the week (e.g., try a new game, ask a grown-up to help with a plan).

Goal-Focused Self-Portrait:

Draw yourself **doing something you'd like to do more of** in your free time (a dream or a goal) or write it down.

Create a class collage of all goal-focused statements or self-portraits titled:

“We Are More Than Just What We Do in School!” OR “Who We Are in Our Free Time”