

# JANUARY NEWSLETTER

## ✓ Goal Setting for Kids & Teens

Aristotle said, "Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals." Having something to focus on and work towards helps us to be productive human beings.

As parents and teachers, we all want our students to succeed in life, and it is our responsibility to teach these skills to our children. **Setting goals and working towards them teaches children perseverance.** Here are some key goal setting activities that can help them with this essential life skill:



**1. Reflect on Things They Do Well** - This is a positive way to start the goal-setting process because they are thinking of things they have achieved and learned already.

**2. Reflect on Things They Need to Improve** - Help your child think of something that is worth working towards. Children should choose something that interests them or an important skill they need for life.

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**3. Make a Plan of Action** - Come up with small, workable steps together and check-in periodically to see how your child is doing and feeling about their progress. (The worksheet shared below can help with this!)

## **4. Write Down Goals and Set a Timeline** -

Younger children need more short-term goals such as learning to read a particular book, while older ones can work toward long-term goals such as completing an AP class before college.

## **5. Acknowledge and Reward Students for Hard Work** -

A big motivator for children is the reward they receive when they accomplish their goal. A favorite treat, a playdate with a friend, going to a movie, or even cold hard cash can incentivize kids to reach their goal.



**Visualizations can be a helpful tool in breaking down big goals into conquerable chunks.** On the next page, we've included a worksheet to help students set goals that are SMART: specific, measurable, attainable, relevant, and time bound.

# SMART GOALS

**S**

SPECIFIC

What is one BIG goal you'd like to accomplish this year?

**M**

MEASURABLE

How can you track your progress?

**A**

ATTAINABLE

What skills and resources do you need to accomplish this goal?

**R**

RELEVANT

Why is this goal important to you?

**T**

TIME BOUND

Goal for check in date 1

When? \_\_\_\_\_

Goal for check in date 2

When? \_\_\_\_\_

Goal for check in date 1

When? \_\_\_\_\_