



# ENGAGE

## Activity Guide 2

Growth Goal For Me

## ACTIVITY 2: Growth Goal For Me

### Learning objective:

- ▶ For your child to think about what goals or 'things they want to achieve'.
- ▶ For your child to learn how to set their own goals and understand the idea of working towards them.

### Learning approach:

Explain we are going to be setting some goals for ourselves today. Tell your child that their goals can be absolutely anything that they want and that the most important thing is that it is something they really want to do.

You might need to prompt them here and some examples may include:

- ▶ Writing their name
- ▶ Hopping 5 times
- ▶ Kicking a ball into the net
- ▶ Drawing a flower

Once they have chosen their goal, help them to write it on the goal setting template of their choice.

Make sure that you display the goals somewhere that they can see them. You'll then focus on working toward the goal with your child as often as you can.

Once they have achieved it ensure that you celebrate this by awarding them a certificate or rosette and talking about the skills of practice and perseverance that they used to achieve the goal.

### Resources:

- ▶ Goal setting templates
- ▶ 'I achieved my goal' certificates
- ▶ 'I achieved my goal' printable rosettes

## Top tips:

- ▶ At the end of each week, hold a goal-setting 'ceremony' where your child is awarded with their certificates or rosettes for achieving their goals.
- ▶ When your child receives a certificate or rosette, tell people, explaining what goal they achieved! Share with family or friends, or tell myHappy mind on social media!
- ▶ Encourage your child to talk to family or friends about what goal they achieved, and why.

**"A goal without a plan  
is just a wish!"**

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



myhappymind



myhappymind



myhappymind\_