

## Goal Setting



**Say to Youth:** Set your goals high enough to inspire you and low enough to encourage you.

## Ask Fun Questions

### **Materials:**

- Fidget toy (an object for child to play with their hands while they're thinking and talking at the same time)
- Paper
- Pencil

### **Instructions:**

- Adult sits down with child and gives fidget toy to child and tells them that fidget toy is for them use if they're having trouble thinking
- Adult asks child these questions:
  - What would you do if you won a lot of money?
  - What is your biggest dream?
  - If you had a superpower, how would you use it?
  - If you could have three wishes, what would they be?
- Adult makes sure to record child's response to each question on paper
  - Could be a summary if child provides long response

**Reflection:** Reflect with child on some of their responses to each of the questions. Ask them why they would wish for something specific in their response. For example, adult could ask, "You said your dream is to become a firefighter. Why do you want to become a firefighter?"

