

## **Goal Setting**

**Objective:** *The goal of this activity is for kids and teens to learn how to set a goal, and stick to it.*



### **Video Help:**

<https://www.youtube.com/watch?v=5eI5JvTGzAI>

*This video is a fun way to help teach kids how to set obtainable goals!*

## **Activity: Let's Build**

### **Directions:**

1. Take any material you have that children or teens can build or stack (like blocks, Legos, sticks, or other building blocks) and ask them what they want to build.
2. Have them draw a picture of what they would like to build with their materials.
3. Then ask them to write or say how they are going to reach their goal.
4. You can also have them talk you through the process while they are building!
5. When finished, compare the final product with the picture they drew. How close did they get? What else could have helped them? No matter the result, give lots of specific praise for the effort!

**Pro-Tip:** You can print out or give tasks for them to build, if they are not sure what they want to do or need extra guidance.

**Reflection:** We should be able to know how to set a goal. Ask them to name some personal goals they have for themselves, and walk you through how they want to achieve them – just like they did when they were building their creation in this activity.