

## Goal Setting Activities

### Drawing Your Goals Activity

**Materials:** paper, drawing utensils

**Directions:** Sit down with a piece of paper and draw a picture of what your life will look like in 10-to-15 years. Make sure the drawing includes details, such as a particular type of car or the type of career you might wish to pursue.

When you are finished, write down all the items and professions found in the drawing. This drawing game is also a great way to visualize what you want your life to be in the future.

### Horseshoe Goal Game

**Materials:** Inside: Cone, Beanbags and masking tape

Outside: Stake and horse shoes , cone and beanbags, tape or other markers.

**Directions:**

This horseshoe game will help build ability to set goals. Place cone a distance away and place the 4 pieces of tape in 2-3 foot increments in front of the cone or stake.(Adapt for the setting and age of players)

Have each player set a goal for which piece of tape he/she wants to be throwing from by the end of the game.

Start by throwing horseshoes/beanbags at the target from the closest marker. As more beanbags land touching the stake or the horseshoes land around the stake, step back to the other pieces of tape. Continue to move further and further back until goal has reached.

Option: Have the goal address how many of the horseshoes or bean bags the participant wants to be able to place touching the base.

### Mine Field Game

**Materials:** Set up an obstacle course, a blindfold

**Directions:**

This game is designed to help improve communication skills as well as achieve goals.

Pair up participants and blindfold one of them.

Set up an obstacle course of "mines" that the blindfolded participant will have to navigate. Have the blindfolded participant set a goal for how quickly he/she will navigate this minefield. Once the goal is set, start the clock and have the partner verbally direct the blindfolded participant through the minefield to the finish line. Record the times and if possible, allow opportunity to repeat to improve.

## **Step 1**

Brainstorm goal ideas. The list might include goals related to school subjects, health, hobbies, habits and relationships with siblings or friends.

## **Step 2**

Ask each learner to select one goal to focus on for the goal-setting activity. Let them pick the goal so it is a more meaningful lesson.

## **Step 3**

Help the learner write the goal into a concrete statement that is measurable. For example, the goal might be to ride his bike 30 minutes a day for exercise.

## **Step 4**

Draw a grid or series of boxes on a piece of paper to help the learner break the goal down into steps. Work together to think of the steps that need to be achieved to accomplish the goal. Write each step in its own square on the grid.

## **Step 5**

Identify obstacles that might interfere with achieving the goal. Ask learner to think of ways to overcome those obstacles.

## **Step 6**

Post the chart of the goal steps in a highly visible place to remind the learner of the goal. Set aside time each day to work on the steps of achieving the goal. Ask how efforts toward the goal are coming along.

## **Step 7**

Encourage learners for the goal-setting efforts. Give specific positive feedback to encourage working on the goal-setting skills.

Read more: <http://www.livestrong.com/article/208699-how-to-teach-children-goal-setting/#ixzz1IQopCj8H>