

Topic: Goal Setting

Let's Breathe

Learning new things can be tough! It can feel like we have a monster in our minds saying 'you can't do it!'

In this video, learn how to overcome the hard bit of doing something for the first time. We can make the 'I can't' monster disappear - just by saying "OH YES I CAN!"



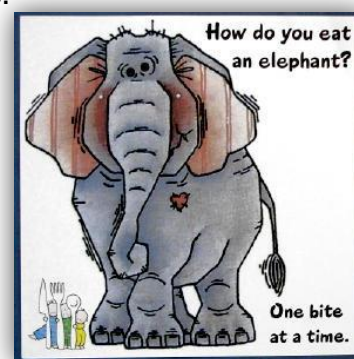
Let's Learn

How do you eat an elephant?

One bite at a time.

Accomplishing little and big things throughout life, always starts with a goal, and goal setting is like eating an elephant. We have to break it up into smaller, more manageable, tasks.

While having a goal in mind is important, if you don't have a plan for achieving it, you're unlikely to make it happen.



Let's Move

Improve self-regulation in just 7 minutes a day with this [HIIT Workout](#).

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.

Let's Grow

Let's practice breaking down a few goals into bite size pieces, so we can achieve our hopes and dreams!

[Click here to get planning!](#)

