

Dear Families/Caregivers,

Goal setting is about determining a goal and the steps necessary to achieve the goal. When we encourage children to set their own goals, it empowers them to take ownership and responsibility for their goals.

We have been learning how to state a goal. A goal is something you want to do, and can do, if you plan and practice. The first step to setting and reaching a goal is to say the goal.

Once you have stated a goal, the steps to reaching your goal are:

Make a plan.

Figure out what you need to do.

Practice.

Reaching goals takes practice.

Reach your goal.

Celebrate when you reach your goal!

Help your child set a goal such as learning to tie his or her own shoes or some other skill. Then help him or her make a plan to reach the goal. Encourage your child to practice the skill until he or she reaches the goal. Then celebrate your child's success!