

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 and determine steps needed to reach the 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!

In grade 1, we are focusing on saying our goals and making a plan. Help your child say a goal and make a plan to reach the goal. Share your own goals and modeling making a plan to reach your goals! 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!