

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 identify a goal and follow steps to achieve it. 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.

The strategies to reach a goal include:

**Set a goal.**

Decide what you want to do.

**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 3, we are focusing on identifying a goal and following steps to achieve it. Help your child identify a goal and follow the steps to achieve it. Write down your child's goal somewhere visible and help him or her stay accountable to achieving it. Encourage your child to practice the skill until he or she reaches the goal. Then celebrate your child's success!