



Goal Setting

WEEK 2: CHARACTER DRILL ON GOAL SETTING

AGE-SPECIFIC MAT CHAT FOR AGES 5 to 7

DRILL: HOW MANY CAN YOU DO?

“Goal setting is about making a statement (goal) and then completing it. In this drill, you are each going to make a statement about how many exercises you are going to do and then you are going to complete that many exercises, but you have to remember that your goals must be realistic and not a wish. For example, I wish that I could do 1000 pushups in the next 5 minutes, but that isn't realistic. Aim high, but make sure you can reach your goal.”

Steps:

1. If you have a big class, split the class into several groups.
2. For each group you will need an instructor to monitor the students.
3. Pick one student to go first. That student will stand up and make a statement about how many push-ups they want to do. To challenge them, use the following hierarchy of intrinsic motivation:
 - a. You must do at least 10
 - b. If you want to be a black belt someday, then go for 20
 - c. If you want to make your parents proud, then go for 30
4. Applaud each student as they set and achieve their goal
5. You can add variety by using leg raises, jumping jacks, squat jumps, kicks, blocks, strikes, etc.