



Goal Setting

WEEK 1: GOAL SETTING OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 5 to 7

OPENING DISCUSSION:

“Do you know what goal setting means? Goal setting means you set something you want to accomplish and then you do it. The difference between a wish and a goal is that a wish is something you hope for and most of the time is not something you will always be able to accomplish. A goal is something you can accomplish on your own or with help from somebody else.”

Let’s answer a few questions about goal setting!

Is this a wish or a goal?

- You want to learn how to fly without wings?
- You want to learn how to play the piano?
- You want to learn how to break 100 bricks with your head?
- You want to learn how to break a board?

Finishing the mat chat:

“I want everyone to go home and practice goal setting this week. Look for chances to set and accomplish goals during play time, with your chores, and even with learning something new or challenging. Remember to recognize the difference between a wish and a goal. Doing so will be a big step towards being a big kid.”