

# Goal setting

## Group activity worksheet



**Our FREE downloads are regularly described as “amazing” and “awesome”.**

If you agree why not consider purchasing our structured KS2, 3 and 4 packs, which are proven to be even more effective?

<b>My World</b>	emotional literacy for KS2
<b>It's OK Being Me</b>	emotional literacy for KS3
<b>Discovering Me</b>	emotional literacy for units outside mainstream education
<b>Empowering Me</b>	emotional literacy for KS4
<b>Insight Series</b>	modular short programmes for KS2, 3 & 4

Developing an emotionally intelligent school involves commitment, time, and planning. VisionWorks teaching programmes systematically build emotional intelligence and profoundly improve the climate for learning.

Available from:

[www.vision-works.net](http://www.vision-works.net)

01249 409001

[info@vision-works.net](mailto:info@vision-works.net)

**Written by teachers for teachers**

## Goal Setting

The purpose of this exercise is to encourage you to realise the value of thinking ahead. Habitually setting goals helps us to be proactive in our lives rather than drifting and letting things happen to us.

You will need: A sheet of A4 paper and pens/pencils

1. Discuss as a group the purpose of setting goals. Why bother? (see above).

What kind of targets might help you? In pairs, think of some goals. If you are stuck, here are a few ideas:

Get my homework in on time	Make more friends
Read a good book	Do something for a charity
Become a plumber	Brush my teeth every day
Take more exercise	Help around the house
Find out what I need to do to become a film producer/dentist/gardener	Stop arguing with my dad
	Find a job

Briefly discuss these as a class.

2. On a piece of A4 paper, carefully draw around your hand leaving a clear outline. Choose 5 targets of your own which you think will be most helpful to you and write one on each finger and thumb.

Write your name on the palm of your outline. Colour or decorate if you have time.

The completed hands will make a good display or can be revisited to review and reset targets at a later date.

