

GOAL SETTING LESSON

Activity: "Setting Attainable Goals"

Age: Any

Items Needed:

- 3 Baskets
- Stress or Rubber Balls
- Something to cover student's eyes so they can't see

Area: Best done in large open space like the gymnasium or outdoors.

Set Up: Line students on one side of the gym and select 5 students to participate.

Round 1

Give the 5 students a ball and cover their eyes. This is the only round they will cover their eyes.

Set 3 baskets out in front of them and have them throw the ball to land in the basket.

Relate this action to going through the school year without an idea or vision for where they are going.

Round 2

Set the baskets on the opposite side of the gym, about 30 feet away from the students and have them throw the balls again into the baskets.

Relate this basket "attempt" to choosing goals that are too hard.

Round 3

Set the baskets right in front of their feet and have them throw the balls again into the baskets.

Relate this action to goals that are too easy.

Round 4

Place the baskets about 10 feet away and have students throw the balls again into the baskets.

Relate this action to signify an appropriate, challenging goal.

Round 5

Hold one of the baskets and "assist" the students by moving the basket as they make their toss.

Relate this action to teachers, parents, and school counselors who will support students in reaching their goals, which can make things easier.