



Grade Pk-2 Goal Setting

Background Information:

Goal setting skills are essential for young people. They empower students to strive for self-improvement and have control over their own lives. This skill includes steps that will help students achieve short and long term goals. By reaching these goals, students gain confidence and are able to identify, adopt, and maintain healthy behaviors that will help them be successful in the future.

The PK-2 goal setting model has three steps. Students are able to identify a goal that they would like to work towards. Students need to be able to identify who might need to help them with their goal, what they need and when they will work on their goal. Students are also encouraged to reflect on their goal.

The Model



The Steps

Skill Steps	Teaching progression	Grades pk-2 Decision Making Example:
Step 1: Identify the Goal	Each student needs to identify something they would like to learn or do better. <ul style="list-style-type: none"> • I want to learn how to brush my teeth better. • I want to snowboard. • I want to learn to read. • I want to learn how get dressed by myself. • I want to learn how to tell time. 	I want to learn how to ride my bike without training wheels.
Step 2: Action Plan	<ul style="list-style-type: none"> • Students need to identify a trusted adult or friend to help them reach their goal. • Students need to identify the resources they need to reach their goal. • Students need to set a timeline for working on their goal. 	<ul style="list-style-type: none"> • Who can help me with my goal? My parents are helping me. • What do I need to reach my goal? I need my bicycle, helmet, appropriate clothing, and a safe biking location. • When will I work on my goal? I will work on it after school on the weekends.
Step 3: Reflection	<ul style="list-style-type: none"> • Students determine if they met their goal. • If students met their goal, what did I learn? • If students did not reach their goal, why and what did I learn? 	<ul style="list-style-type: none"> • I was able to learn how to ride my bike. • I learned to keep pedaling to keep from falling over.

Sample Student Handout

Identify a Goal




My Goal

Action Plan

Who can help? What do I need?

Did I Do It?



Name: _____

Teaching Tips:

- Vocabulary goal, trusted adult, resources, short term goal, action plan
- Remember to assist students in keeping their goals simple and age appropriate.
- Sometimes students might want a goal that will take a long time or it may be something they want to do as an adult. Guide students into goals that can be accomplished in a shorter amount of time.

What Does Mastery of Accessing Information Look Like:

PK-2 students will have mastered goal setting if they are able to identify an attainable goal. They will also be able to name who can help them with their goal, the necessary resources, and when they will work towards their goal.

Teaching/Student Resources

The Colorado Education Initiative
<http://www.coloradoedinitiative.org/resources/chpe/>

RMC Health

<http://www.rmc.org/>

Colorado Department of Education

<http://www.cde.state.co.us/cohealthpe/statestandards>

Identify a Goal



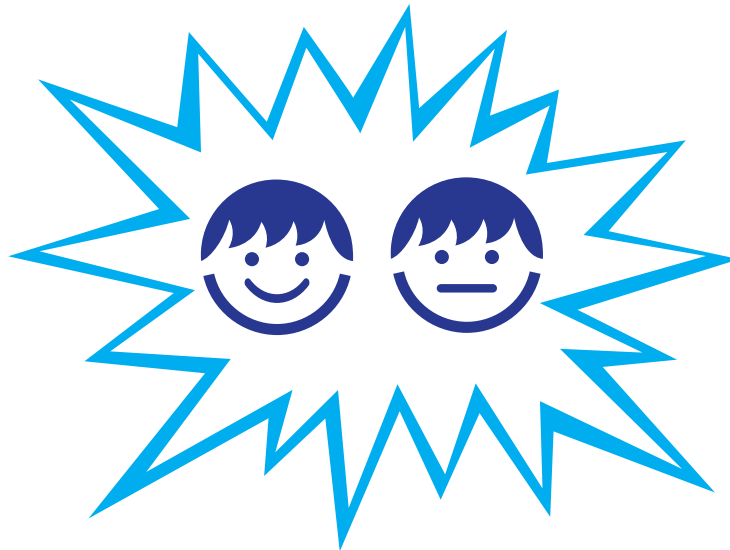
My Goal

Action Plan

Who can help?

What do I need?

Did I Do It?



Name: _____