

# What are S.M.A.R.T. Goals?

Helping students take steps towards their future



**Grade Range:** Prek – 8<sup>th</sup> grade

**Time:** 45 minutes

**Synopsis:** Goal setting is beneficial for students in a number of ways. It helps them learn that they are responsible for their own successes and failures. It teaches them to prioritize and manage their time. It can improve their self-esteem by showing them that they have strengths, talents and abilities, especially when they apply themselves.

## **Materials:**

- Paper and writing implements
- Poster board or large sheets of paper

## **Instructions:**

1. Start by discussing with the class what is a goal. Provide examples of goals, or ask the students for some of their goals. Talk about how to enhance their goals by making them specific, measurable and attainable within a precise time frame.
2. Distribute poster boards or large sheets of construction paper. Have the students write down several of their own SMART goals. Suggest that they choose a combination of short- and long-term goals. Reaching short-term goals can boost their confidence and attaining long-term goals builds endurance and perseverance. Write the goals in a variety of places, angles and sizes so that they are spread randomly over the poster board.
3. Talk with the students about the steps they can take to reach each goal and include these on the poster board. Suggest the students take the posters home and hang them where they can see them, such as the refrigerator or their bedroom doors.

Activity taken from: How to Teach Children Goal Setting With Fun Activities *by Tielle Webb, Demand Media* <http://everydaylife.globalpost.com/teach-children-goal-setting-fun-activities-18909.html>