

Parents/Guardian/Educators (PGE's) Guide

Goal Setting

When it comes to goal setting we often find this can organise what we aspire to have be or do OR it can put pressure on us to perform. As parents encouraging our children to set goals it's important to be mindful of how we both introduce and continue to encourage goal setting and achievement. Starting early can get children into the habit of doing this well into adulthood. This can serve them in a variety of areas from overall well-being to career aspirations or even overcoming challenging periods.

Goal Setting must NOT

Be goals the PGEs wish their children to achieve....this can seem like an obvious no no however it is easily manifested into our children's routine. Eg. The dad who makes the comment about how he's very proud seeing his son on the football field being a lad winning the games and sticking to his training. Although this would seem like obvious praise and encouragement, the dad needs to ensure that this is the child's dream not his own.

Goal Setting must NOT

Place added pressure on the child on top of what they already have or be something the child views as a chore. This is fun, lighthearted and designed to allow children to explore their options and experience positive emotions from achieving what they have set out for themselves.

Now those are out of the way

Goal Setting IS...

Encouraging our children to take responsibility for their own dreams and aspirations. We are here to enable our children to have the space and freedom to create ideas, take action and achieve by giving them supportive guidance.

Goal Setting IS... embedding positive language and interactions between child and parent/guardian/educator. When you have conversations about positive achievements and dreams it creates positive relationships and emotions.

Goal Setting IS..giving children the freedom to explore where their own interests are and allowing them to make choices about what their futures might look like.

For younger children especially, explain the concept of goal setting as something you would like to have, be or do? Make sure they understand to the best of their comprehension ability what they are doing. It's easy to overlook this because as adults we usually fully comprehend what a goal is.

Each task in the program has an explanation for you to follow and an enjoyable easy task for the children to do. Some areas of the tasks such as character strengths have extra resources for PGE's. There are also 2 options for many of the tasks. The ones without lines encourage younger children to express their ideas through drawing and the lined ones for older children to write down ideas. If however, an older child prefers to draw that's absolutely fine! This is for enjoyment of the child.

Task 1 (I'm good at sheet + Strengths Cards + Parents Tool/Guide)

All about what I'm good at (identifying our strengths).

Discuss with the child what they think they are good at doing and why. If you feel comfortable encouraging subjects go ahead just be careful not to direct the ideas.

On the task sheet add their features to the person and draw around pictures of activities, interests and things at school they are good at. For older children feel free to add words.

Using the strengths cards, (cut out) spread them out, read, discuss the different options. Which strength resonates, select 3 to focus on. (there is a PGEs guide to each individual strength).

(There is a separate program on Character Strengths which goes into more depth on this subject).

Task 2

Discuss with the child about goal setting by asking what it is they enjoy? What do you like to do at home? When we go out? At school? Use age appropriate language to maintain simplicity and full understanding. There are no right or wrong answers here, children will often come out with crazy ideas, embrace them and have fun!

On the child's task sheet there is lots of space to draw pictures of what they like and love. For the older ones add words.

Task 3

Thinking about Goals based on strengths, likes, interests etc

Goal ideas and thoughts sheet – what would they like to achieve?

How would they feel if they achieved this goal?

What would they need to change or do to achieve the goal/goals?

Lets sets some goals using a combination of the strengths and what the child loves and enjoys.

Discuss what the child might like to achieve soon... what would make them feel good if they were able to do it.

Task 4

Time to get some goals down, this can be completed by drawing or words. Using the goal reminder tags, write down the goal on the tag, add colour, these can be attached to schoolbags using string/wool.

Task 5

Follow up

Once goals have been achieved. Fill in what was achieved, how it was done. What went well. Feelings

Goal certificate sheet. (I've yet to complete this!)