

## THE SKY'S THE LIMIT

# SET GOALS

### TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. Strong lessons and support in SEL will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will be better equipped to build confidence and foster positive peer networks.

#### BEFORE READING

Talk to the reader about setting goals. Explain that goals help us achieve things.

**Discuss:** What would you like to achieve?  
What have you done to try to achieve it already?  
What more could you do?

#### AFTER READING

Talk to the reader about a goal he or she would like to set to achieve something.

**Discuss:** Is the goal realistic? Is it specific?  
How will you measure if you've achieved your goal? What is your deadline for the goal?  
Who could you ask for help with your goal?

#### SEL GOAL

Some students may struggle with self-management, making it hard to meet goals. They may not be able to successfully regulate their emotions, thoughts, and behaviors. Help readers develop these self-management skills. Help them learn to stop and think about their feelings. How can they manage stress? What do they need to do to control impulses? How can they motivate themselves? Discuss how learning to do these things can help them meet goals.

### GOALS AND TOOLS

#### GROW WITH GOALS

Achieving goals can be hard. But it makes us feel good about ourselves! We can work on setting better goals for ourselves.

**Goal:** Reflect on your dreams. What do you want to do one day? What goals can you set to get there?

**Goal:** Create a goal ladder! Draw a ladder on a piece of paper. Write down your goal on the top step. Then write all the steps you have to take to achieve your goal below it. Draw a star by each step when you complete it!

**Goal:** Identify your network! Who could help you meet your goals? Do they have goals that you could help them meet?

#### WRITING REFLECTION

Reflecting on past goals can help you make better goals in the future.

1. What is a recent goal you set?
2. Were you successful in achieving it?
3. If you were, how did you do it? If not, what could you have done differently to achieve your goal?



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