

Set Goals with your Children Through a Vision Board



Goal setting is an important life skill that is never too early to start developing. Learning to set goals teaches children to take responsibility for themselves. They learn that their actions determine whether or not they fail or succeed. Goal setting also builds self-confidence. When children reach their goals, they learn to believe in their abilities and are more likely to set new goals for themselves in the future.

6 Tips for setting goals with children
From <http://www.kiddiematters.com>

1. Collaborate with the child to set goals.

Try not to dictate to the child what goals he/she should set. The child is more likely to push towards their goals if they can take ownership of them and are vested in the outcome of their goals. As the child gets older, assess whether or not they are capable of setting goals on their own.

2. Start with small goals.

Starting out with small, easy to achieve goals, ensures that the child experiences some success early on in the goal setting process. Once they have some success, they will gain confidence in their abilities and are more likely to set more challenging goals in the future.

3. Make sure goals are age appropriate.

Young children between Kindergarten and third grade might set goals such as sharing with friends, reading a book independently, etc. Starting at around fourth grade, children might set more complex goals for themselves such as making honor roll or making a sports team.

4. Goals need to be realistic and attainable.

Children need to set goals that they have the skills to achieve. For example, it would be unrealistic for a five year old to have a goal of reading a Harry Potter book independently because they have not developed the necessary skills to do so. This goal would most likely be unattainable for the child despite their best efforts.

5. Make goals specific.

Having broad goals can overwhelm and confuse the child. When setting goals, try to be as specific as possible. Instead of saying 'I will do better in school', state specifically what you will do in order to do better in school. For example, 'I will complete my homework daily.'

6. Decide how you will track progress.

Children are more likely to work towards their goals when they see progress. They can track their progress by using a sticker chart, graph with tally marks, a spreadsheet, etc. Make sure the child can readily see the progress they are making towards achieving their goal.

What you will need:

- Poster board (any size)
- Magazine articles and pictures that represent your goals and action plan
- scissors
- Crayons, markers, or colored pencils
- Glue, glue stick or tape
- poster board letters (optional)

