## Help your students learn about goal setting and perseverance with these activities!



Your students will:

- Set goals for various settings.
- Consider challenges they may face when pursuing their goals.
  - Consider ways to overcome the challenges they may face.
- Consider how they will feel once they meet their goals.

These activities can be used with or without the book <u>How To Catch A Star</u> by Oliver Jeffers

## "I Can Meet My Goals" Booklet





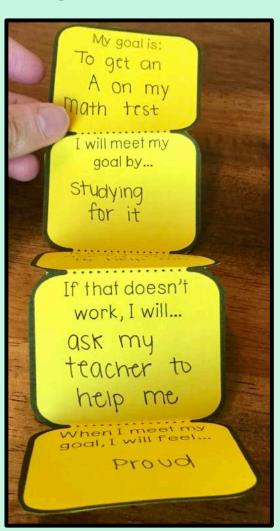
This 8 page booklet will help students reflect on current and past goals and consider ways that they can use perseverance strategies to meet their goals.

## "I Have Goals" Foldable Activity



This foldable activity will help students establish goals in and out of the classroom!

## Goal Setting Accordion Foldable



This foldable activity will help students consider obstacles they may face when pursuing their goals, and how they can overcome these obstacles.

