

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 How To Catch A Star 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.

