

# Goal Setting

## 4th-5th grades

### Overview

In this build series, students will reflect on effective goal setting. They will discuss how they can achieve a particular goal and make predictions about the effect that achieving this goal might have on their lives.

### Connect to Curriculum

This build series can be part of classroom activities that involve:

#### Creative and Critical Thinking:

- Evaluating possible outcomes in a given situation.

#### Personal Expression:

- Developing vocabulary to express one's thoughts and feelings effectively.

#### Goal Setting:

- Identifying personal achievements.
- Setting personal goals for achievement.
- Developing strategies to organize and prioritize.

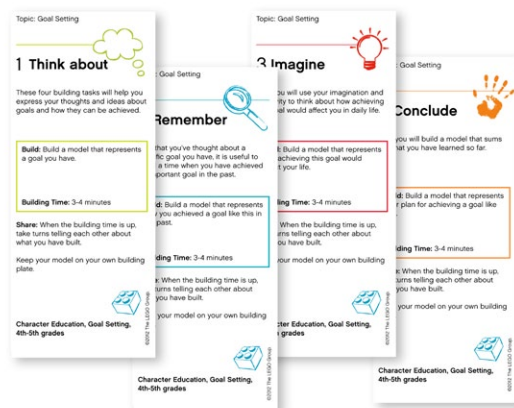
### Before You Begin

Assess and encourage prior learning by:

- Introducing and defining key vocabulary: *achieve, effectiveness, evaluate, goal, goal setting, persevere, planning, and predict.*
- Brainstorming areas of personal life, education, and professional life that are enhanced by effective goal setting.
- Providing students with a particular scenario or goal to be achieved and brainstorming as a class various strategies for achieving that goal.
- Reading fiction and nonfiction texts or watching videos that feature people setting and meeting goals. It is a good idea to include biographies or profiles of role models including accomplished scientists, athletes, artists, or community members.

### Build and Share

Have students build and share their models by following the steps outlined in the Challenge Cards provided with this activity.



#### Tip:

Consult the Quick Start Guide of this activity pack for ideas on classroom management and organization.

#### Vocabulary:

- achieve:** to perform or carry out with success; to accomplish something
- effectiveness:** having the wanted or expected result
- evaluate:** to examine something; to judge its value, quality, or importance
- goal:** something that somebody wants to achieve
- goal setting:** establishing a specific goal to be achieved
- persevere:** to keep going even though there are problems or it is difficult
- planning:** intending to do something or make arrangements to reach a goal
- predict:** to say what might happen in the future

## Reflect on the Experience

Encourage students to record and reflect on their models and ideas.

### Extensions

After completing the build series, encourage further learning by:

- Writing a five-step plan to achieve a goal within a particular time frame and outlining ways to evaluate progress. (Language Arts)
- Researching the goal of a personal hero, role model, or historical figure and how he or she achieved that goal. (Social Studies, Science)
- Creating a personal service announcement outlining advice on how to achieve a goal, integrating key vocabulary. (Dramatic Arts, Language Arts)
- Completing a word study and creating a classroom “word wall” with goal-setting vocabulary such as *evaluate*, *persevere*, and *predict*. (Language Arts)

### Facilitating Questions:

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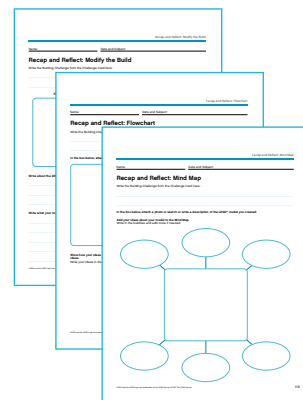
### Notes:

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#### Tip:

Use one of the Recap and Reflect Worksheets available in the Support Materials section of this activity pack to document the build experience.



Topic: Goal Setting

# 1 Think about



These four building tasks will help you express your thoughts and ideas about goals and how they can be achieved.

**Build:** Build a model that represents a goal you have.

**Building Time:** 3-4 minutes

**Share:** When the building time is up, take turns telling each other about what you have built.

Keep your model on your own building plate.



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# 2 Remember



Now that you've thought about a specific goal you have, it is useful to recall a time when you have achieved an important goal in the past.

**Build:** Build a model that represents how you achieved a goal like this in the past.

**Building Time:** 3-4 minutes

**Share:** When the building time is up, take turns telling each other about what you have built.

Keep your model on your own building plate.



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# 3 Imagine



Now you will use your imagination and creativity to think about how achieving this goal would affect you in daily life.

**Build:** Build a model that represents how achieving this goal would affect your life.

**Building Time:** 3-4 minutes

**Share:** When the building time is up, take turns telling each other about what you have built.

Keep your model on your own building plate.



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# 4 Conclude



Now you will build a model that sums up what you have learned so far.

**Build:** Build a model that represents your plan for achieving a goal like this.

**Building Time:** 3-4 minutes

**Share:** When the building time is up, take turns telling each other about what you have built.

Keep your model on your own building plate.



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