



Backpack-tivity:

An @Home Learning Activity

Setting Goals

Introduction:

As you complete this activity, you will set goals for the coming year, and find out what you need to do to achieve those goals.

Materials:

You'll need a pen or pencil and this piece of paper.

Directions:

Family Partner: Ask your child, "If you could be or do anything in the world you wanted, what would that be? What do you think you might need to do to make that happen?"

Student: On the back of this paper, write three school goals you have for the coming year. Your goals should be specific, not too general or vague, and they should be goals you can achieve this school year.

Talk About It:

What does each of you have to do to help meet those school goals? Make a plan together and write your plan below.

Learn More:

Read more about setting goals at <http://www.buddyproject.org/jfy/kids/articles/newyear.asp>

This activity was completed by _____ and _____.