SEL · GOAL SETTING · GRADES 3–5

Helps or Gets in the Way?

Kai wants to read 20 minutes every night. Sort twelve things into what helps his goal and what gets in the way.



Name: _____ **Date:** _____

Kai's goal: read for 20 minutes every night before bed.

Word bank

- a library card
- video games at bedtime
- a reading lamp
- staying up too late
- a timer
- a noisy room
- a reading log
- forgetting
- books he loves
- books that are too hard
- a quiet spot
- leaving his book at school

Write each one in the right box.

Helps Kai's goal	Gets in the way

My goal: _____

Something that gets in the way, and my fix: _____

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ANSWER KEY · GOAL SETTING · GRADES 3–5

Answer Key: Helps or Gets in the Way?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



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Helps Kai's goal	Gets in the way
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My goal: _____

Something that gets in the way, and my fix: _____

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