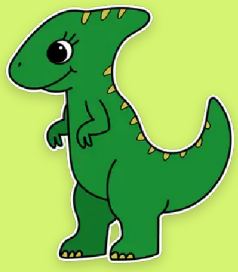
SEL · GOAL SETTING · GRADES 2–4

Goal or Wish?

Sort ten sentences into goals (a plan you can act on) and wishes, then turn a wish into a goal.



Name: _____ **Date:** _____

A **wish** is something you hope for. A **goal** is something you plan to do: it says what you will do and when, so you can make it happen.

Circle Goal or Wish.

I will read for 20 minutes every night this month.	Goal	Wish
I want to be good at reading.	Goal	Wish
I hope I win the lottery.	Goal	Wish
I will practice my 7 times table for 10 minutes each day this week.	Goal	Wish
I will finish my science project by Friday.	Goal	Wish
I wish it would snow tomorrow.	Goal	Wish
I want to be famous.	Goal	Wish
I wish I had a dragon.	Goal	Wish
I will run one lap without stopping by the end of the month.	Goal	Wish
I will put my homework in my folder every night before bed.	Goal	Wish

A wish I have: _____

Turn it into a goal: I will _____

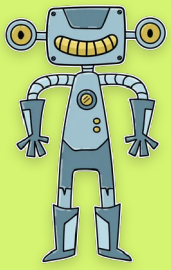
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SEL · GOAL SETTING · GRADES 3–5

Make It a SMART Goal

Match the five letters of a SMART goal to their meanings, find the SMART goals and write your own.

Name: _____ **Date:** _____



Draw a line from each letter to what it means.

S: Specific	It is hard but possible for you.
M: Measurable	It says exactly what you will do.
A: Achievable	It has a date to finish by.
R: Relevant	You can count or check it to see your progress.
T: Time-bound	It matters to you and your life.

Is it a SMART goal? Circle one.

I will get better at soccer.	SMART	Not yet
I will practice 20 soccer kicks after school every day for two weeks.	SMART	Not yet
I will read 4 chapter books by the end of March.	SMART	Not yet
I will be the best at everything.	SMART	Not yet

My SMART goal: I will _____

How I will measure it: _____

I will finish by: _____

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SEL · GOAL SETTING · GRADES 2–5

My Goal Staircase

Write your goal at the top of the stairs and four small steps to climb there, with a helper and a finish date.

Name: _____ **Date:** _____



Write your goal at the top. Write a small step on each stair, starting at the bottom.

Step 1

_____

_____

Step 2

_____

_____

Step 3

_____

_____

Step 4

_____

_____

★ My goal

_____

_____

_____

_____

Someone who can help me: _____ **I will reach my goal by:** _____

How I will celebrate:

_____

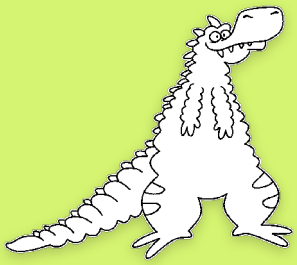
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SEL · GOAL SETTING · GRADES 3–5

If–Then Plans

Write an if-then plan for four things that could get in the way of a goal, then make two of your own.

Name: _____ **Date:** _____



Things can get in the way of a goal. An **if–then plan** gets you ready: "**If** this happens, **then** I will do this."
Goal: I will read for 20 minutes every night.

If I want to watch TV instead, then _____

If I forget my book at school, then _____

If I feel too tired at bedtime, then _____

If I get to a hard word, then _____

My goal: _____

If _____ **then** _____

If _____ **then** _____

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SEL · GOAL SETTING · GRADES 2–5

Weekly Goal Tracker

Pick one goal for the week, check off each day you work on it and look back on Friday.



Name: _____ **Date:** _____

My goal this week: _____

Why it matters to me: _____

Day	I worked on it	What I did
Monday	☐ yes ☐ not today	
Tuesday	☐ yes ☐ not today	
Wednesday	☐ yes ☐ not today	
Thursday	☐ yes ☐ not today	
Friday	☐ yes ☐ not today	
Saturday	☐ yes ☐ not today	
Sunday	☐ yes ☐ not today	

On Friday: how did I do?

○ Not yet ○ A little ○ Good ○ Great ○ I did it!

Next week I will…

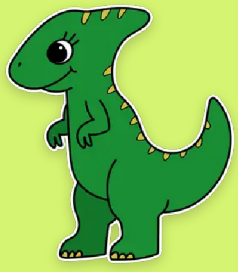
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ANSWER KEY · GOAL SETTING · GRADES 2–4

Answer Key: Goal or Wish?

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



A **wish** is something you hope for. A **goal** is something you plan to do: it says what you will do and when, so you can make it happen.

Circle Goal or Wish.

I will read for 20 minutes every night this month.	**Goal**	Wish
I want to be good at reading.	Goal	**Wish**
I hope I win the lottery.	Goal	**Wish**
I will practice my 7 times table for 10 minutes each day this week.	**Goal**	Wish
I will finish my science project by Friday.	**Goal**	Wish
I wish it would snow tomorrow.	Goal	**Wish**
I want to be famous.	Goal	**Wish**
I wish I had a dragon.	Goal	**Wish**
I will run one lap without stopping by the end of the month.	**Goal**	Wish
I will put my homework in my folder every night before bed.	**Goal**	Wish

A wish I have: _____

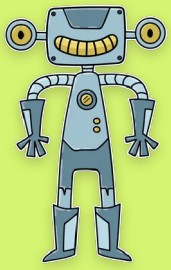
Turn it into a goal: I will Answers will vary: what you will do and by when.

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ANSWER KEY · GOAL SETTING · GRADES 3–5

Answer Key: Make It a SMART Goal

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



Draw a line from each letter to what it means.

S: Specific	It says exactly what you will do.
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I will be the best at everything.	SMART	**Not yet**

My SMART goal: I will _____

How I will measure it: _____

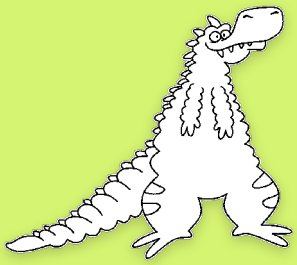
I will finish by: _____

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ANSWER KEY · GOAL SETTING · GRADES 3–5

Answer Key: If–Then Plans

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



Things can get in the way of a goal. An **if–then plan** gets you ready: "**If** this happens, **then** I will do this."
Goal: I will read for 20 minutes every night.

If I want to watch TV instead, then I will read first and watch TV after.

If I forget my book at school, then I will read a library book or a magazine at home.

If I feel too tired at bedtime, then I will read right after dinner.

If I get to a hard word, then I will sound it out or ask someone.

My goal: _____

If _____ **then** _____

If _____ **then** _____

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