



Student Goal Setting and Reflection – Grades K-1

Setting and accomplishing goals is an important life skill. The first step is to set a goal. Then you need to make a plan and track your progress over time. You might decide to change your goal or your plan if new things happen. When you reach your goal, celebrate your achievement!

Instructions for facilitator: Use this form to help students set long-term goals. First, build confidence by having students think of things they’ve accomplished in the past. Then guide them through a process for setting long-term goals. Keep this paper in a safe place. Have students look at it often and help them check their progress, think about what’s working well, and decide if they need to make any changes.

Look What I Learned!

Name _____

Group _____

Directions: Draw two things you learned last year. In the space below the books, draw something you learned in school. In the space below the soccer ball, draw something you learned outside of school. Choose things that were hard at first, but you mastered them!

<i>Part 1: I Learned...</i>	
In School 	Out of School 



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Look What I Will Learn!

1. Pick something you want to learn or get better at in school. Draw or write a goal. Then draw how you'll feel when you meet that goal.
2. Pick something you want to learn out of school. Write a goal. Then draw how you'll feel when you meet that goal.
3. Check this paper often. Keep working to meet your goals!

<i>Part 2: I Want to Learn...</i>	
<i>What I want to learn</i>	<i>How I will feel</i>
	
In School 	
Out of School 	