

diNo-Mite Students

CLASSROOM GUIDANCE LESSON SERIES

for Kindergarten Students



DINO-MITE STUDENTS CLASSROOM GUIDANCE SERIES: LESSON 3: GOAL SETTING

OBJECTIVES:

- Student will identify one goal he/she would like to achieve this year
- Student will identify deadline by which he/she would like to achieve goal

OUTLINE:

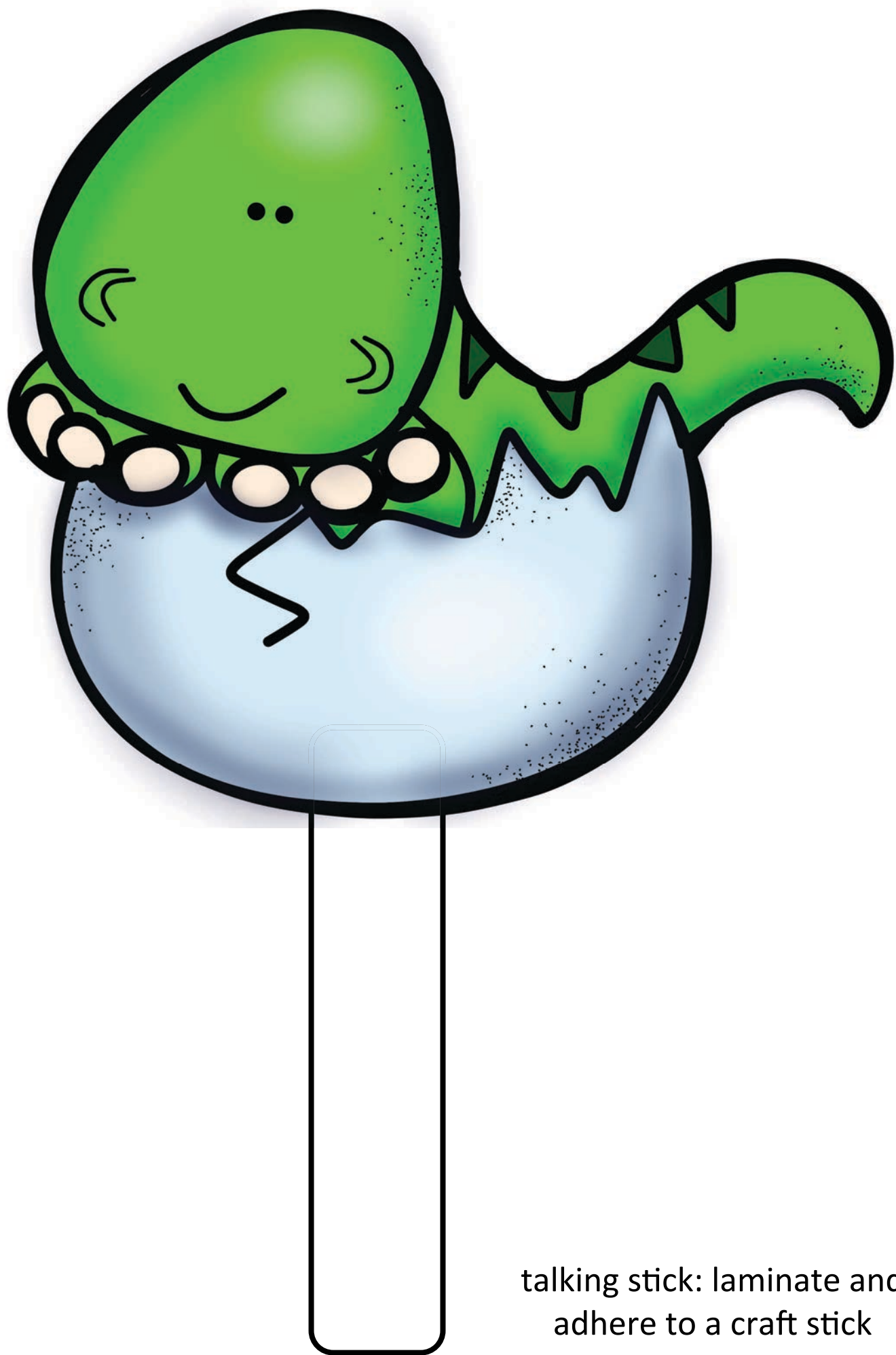
- Welcome: “Good morning, students! Today we are going to read another story about one of my dinosaur friends. Before we read it, I want to remind you about our friend, Davy Dino! Remember, he is my special helper, and whoever is holding Davy is the one who gets to speak right now. So I am holding Davy Dino now, which means I will be the only one talking. When you want to share something, please raise your hand first, and when I give Davy Dino to you, you can share too!”
- Activity (choose one and practice for about 5 minutes):
 - Option 1: Have students stand in a circle. Explain that you will toss the ball to another student, and that student can toss it to someone else, etc. Ask students to set a goal for how many times they can toss the ball without dropping it.
 - Option 2: Have students spread out. Ask students to set a goal how long they can balance on one foot without touching their other foot to the floor.
- Discuss: Have students sit in circle. Pass talking stick as students raise hands.
 - Did we/you meet our/your goal?
 - Was the goal realistic?
 - What goal would you set next time now that you’ve practiced?
 - “Some of our goals were way off and some were too easy for us! Today we’re going to meet a dinosaur friend who learns all about how to set a great goal”!
- Story: Read *Ste-goal-saurus* story (choose printable, PPT, or mp4 version).
- Discuss: “What did *Ste-goal-saurus* learn in this story?” Remind students to raise hands and wait to be called on. Give Davy Dino to students when called upon. Make list of student responses on board or on handout provided.
- Review: “Great! *Ste-goal-saurus* learned that it’s important to have details in your goal that tell you how and when you’ll know when you’ve reached your goal! Now we know that setting goals can help us stay focused and motivated!”
- Individual Activity: Students return to seats. Give each student a Goal Handout and 2 pre-cut Stegosaurus flaps (depending on developmental level, you may want to cut out the flaps before distributing or allow students to cut them out). In the space provided on the handout, students will write or draw a picture of a goal they want to achieve this year. In the second space, students will write the deadline/timeline for completing the goal. Students can tape flaps on top of their drawing/writing (see example). Circulate while students are working and ask them to tell you about their drawings to verify you know what they are 😊
- Share: Time permitting, have students return to circle/rows and allow students to share one of their two drawings with the group.
- Wrap-Up: Thank students so much for sharing their goals and encourage them to use the positive/growth mindsets to keep working toward their goals!

MATERIALS:

- Davy Dino talking stick (laminated and adhere to craft stick)
- *Ste-goal-saurus* story (printable PDF or mp4)
- What Did *Ste-goal-saurus* Learn visual
- Student Goal Handout
- Stegosaurus flaps
- Writing utensils
- Coloring utensils
- Scissors (optional)
- Tape
- Objectives assessment checklist

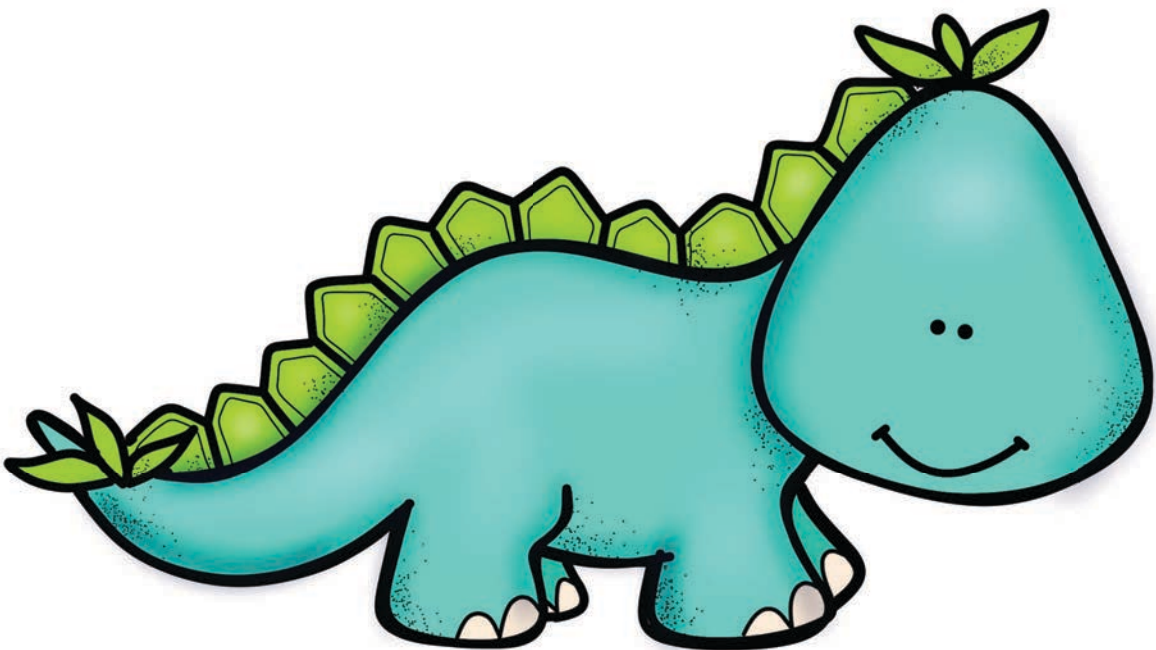
ASCA STANDARDS ALIGNMENT:

- Mindsets: Self confidence in ability to succeed
- Behavior: Learning Strategies: Identify long- and short-term academic, career, and social/emotional goals

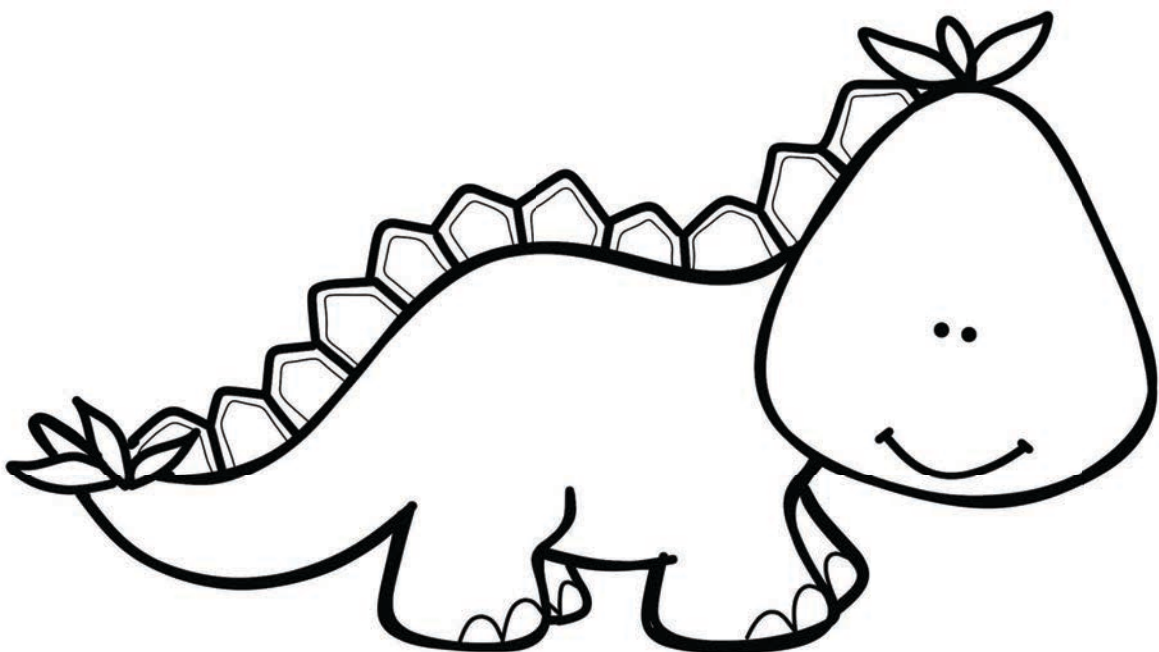


talking stick: laminate and
adhere to a craft stick

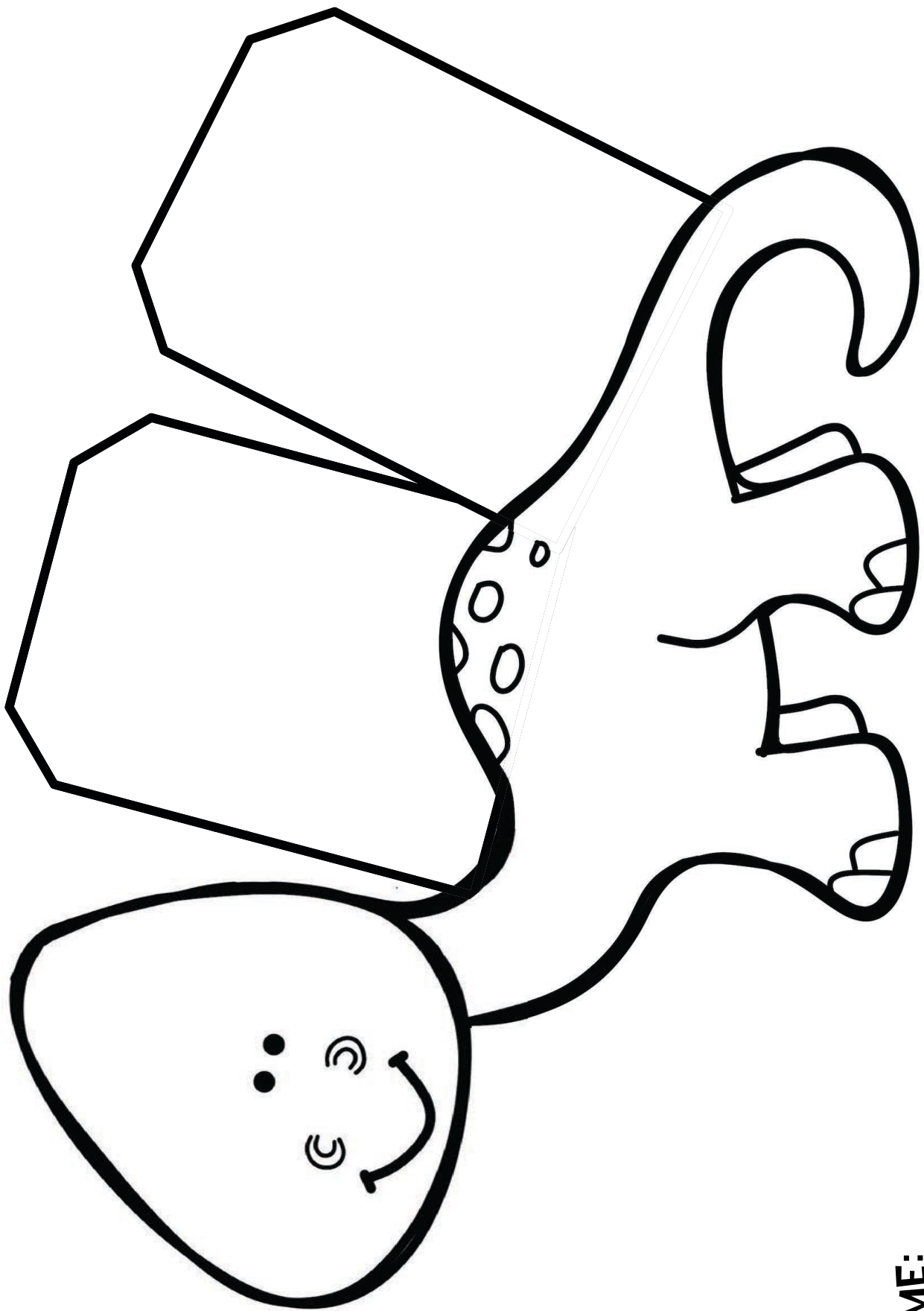
WHAT did
Ste-goAL-SAURUS
LEARN?



WHAT did
Ste-goAL-SAURUS
LEARN?



I CAN SET A GOAL!



NAME: _____

**MY
GOAL**

**I WILL
REACH
IT BY**

**MY
GOAL**

**I WILL
REACH
IT BY**

**MY
GOAL**

**I WILL
REACH
IT BY**

I CAN SET A GOAL!



NAME: Liam

I CAN SET A GOAL!



NAME: Liam

A note from

COUNSELOR *Keri*



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Happy counseling!

COUNSELOR *Keri*

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