



Bull's Eye

Spirit of Adventure:

Being excited to try new things, even if you don't know if you'll excel. Spirit of Adventure is about setting positive goals with students, not for students. This activity introduces students to goal setting in a fun and engaging way.

Objective:

Students will identify steps they need to take in order to reach their goals.

Materials:

Bull's-Eye Goal Setting Sheet; stickers for students as they reach their goals.

Steps:

- Warm-up discussion: What does it mean to set a goal for yourself? Why is it important to set goals?
- Ask students to identify something they would like to do better in the next few weeks.
- As a class, brainstorm several goals. Goals should be obtainable and measurable. Let students know they are going to set a goal for themselves.
- After students have decided on a goal, hand out a bull's-eye graphic organizer.
- Students should write their goal in the space provided and place a sticker outside of the circle.
- Then students should write the steps they need to take to attain their goal, starting with Step 1 in the outside circle.
- As students complete each step, give students a sticker to place in the circle. Once their goal is complete, let students color the center bull's-eye. Students should monitor their own progress.
- Celebrate as students accomplish their goals. Help others revise, rewrite, or create new goals if necessary.

Personal Reflection:

Create a Bull's-Eye Book or blog. Students should create written reflections for each step toward the goal. Students can describe what actions were taken, challenges, and successes. Have them address whether or not their plan is working. Students should also address if they think their plan should be revised. Students may also rewrite or revise goals as needed. Ask: How does it feel to reach your goals?

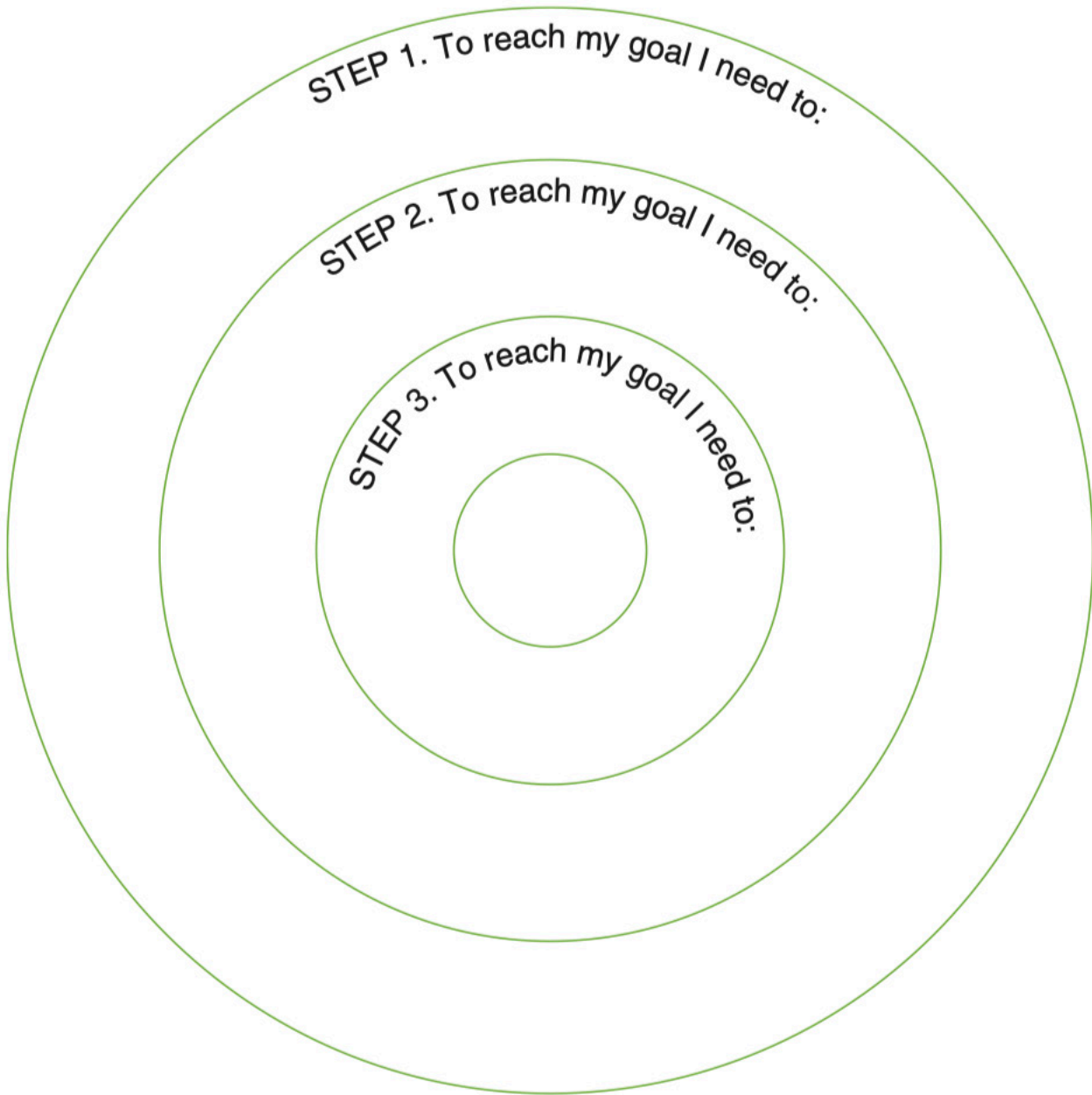
Group Reflection:

- Why are goals important?
- What happens if you don't have any goals?
- What is the difference between long-term and short-term goals? Were your Bull'sEye goals long or short term?
- What was it like to set your own goal?
- Is it okay to let others set goals for you? Why or why not?
- What areas of life could you have a goal in? School? Sports? Friends? Family?

Extended Learning:

Have students write interview questions about goal setting. Then ask them to interview and video record an adult about their long-term and short-term goals. Have students present their videos. Encourage them to add special effects to engage the audience.

Notes



Goal