

CHANGE WISHES INTO GOALS



USE WITH GOOGLE SLIDES

Change WISHES into Goals

Session Objective:

*Students will set goals and make a plan to reach those goals.

Materials:

- *Candles and sprinkles cut out.
- *Cake and goal papers for each student.
- *Pencil, pens, glue or tape.

Tips and Tricks:

*Have them write their name on the cake (ex- Tina's Wishes).

Guiding Questions:

*Why is it important to set and plan goals?

ASCA Standards Alignment:

*Mindset: (M 2) Self-confidence in ability to succeed.

*Behavior: Learning Strategies: (B-LS 7) Identify long and short-term academic, career, and social/emotional goals.

*Behavior: Self-Management Skills: (B-SMS 5) Demonstrate perseverance to achieve long and short-term goals.

SEL Competencies:

*Self-awareness: self-confidence, self-efficacy.

*Self-management: goal-setting, self-motivation.

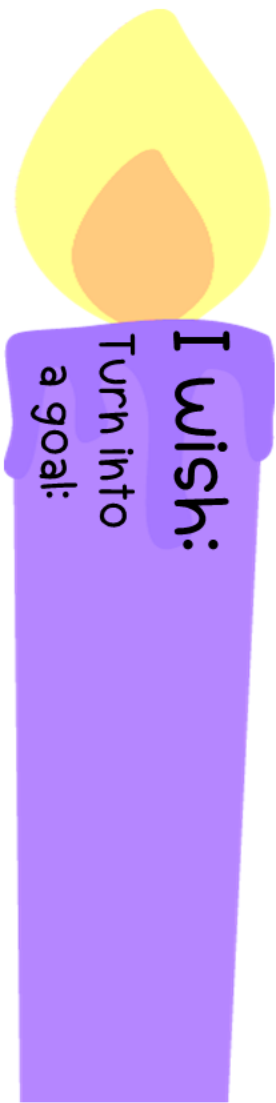
Activity Details (about 30 min):

*Each student gets their own cake in front of them with the cut out candles, there are 2 different candle sets to choose from. One to just write a wish, the other to write the wish and change it to a goal. Pick the one you prefer.

*Say "Today we are going to make wishes and find out how to make them come true. What is a wish? (wait for responses) A wish is to really want or hope for something to happen. Did you know that you are capable of making some of your own wishes come true? Not with magic, but with planning and goal setting. Let me show you how." Explain that they should write their wishes on the candles (1 per candle) and then glue their candle to their cake. You can choose how many wishes to allow them to do based on how much time you have and their developmental level. Next, have them choose some self-affirmation statements to sprinkle some confidence on. Once complete, have them each share their cake with their candle wishes and why they want that wish to come true. Then have them write their wishes on the handout and how they can make the wish come true. They will likely need help with this. See some tips on the second to last page of how to translate kid wishes to goals. Lastly, have them pick one wish they want to focus on and complete the goal-setting handouts. Say "Short-term goals are goals you are able to accomplish soon, and long-term goals are usually larger ones that take more time to complete." See the last page as a guide for examples of different kinds of short/long-term goals. Try to make the goals specific and detailed, for example instead of just "improve grades" use "improve math grade from a C to a B". The more specific a goal, the easier to create a plan to achieve it.

*Give the student's one of the daily checklists to keep track of their progress.









Sprinkle some CONFIDENCE

Self-Affirmations

My mistakes
help me grow.

I believe in
myself.

I choose to
think positive.

I am loved.

I am capable.

I am smart.

I am going to
do my best.

I will not
give up.

I am kind to
myself and
others.

I am strong.

I have
courage.

I can do
hard things.

I can try
something new.

I can
succeed.

I can ask
for help.

I can try again.

I am
talented.

I am
creative.



My wish is... I can make it
come true by...



Wish 1

--	--



Wish 2

--	--



Wish 3

--	--



Wish 4

--	--



Achieve my goal by
(date):

My short-term goal:

Who can help me reach my goal?

What I need to reach my goal:



SHORT TERM GOAL PLANNING

My Goal:

Break it down into smaller tasks

Task 1:

Task 2:

Possible obstacles:

Possible solutions to those obstacles:



Achieve my goal by
(date):

My long-term goal:

Who can help me
reach my goal?

What I need to
reach my goal:



LONG TERM GOAL PLANNING

My Goal:

Break it down into smaller tasks

Task 1:

Task 2:

Possible obstacles:

Possible solutions to those obstacles:


Goal Checklists

My short-term

goal is:

Worked on?

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

 Cut out and place on student's desk or agenda.



My short-term goal is:

- Worked on?
- Monday
 - Tuesday
 - Wednesday
 - Thursday
 - Friday
 - Saturday
 - Sunday

My long term goal is:

I worked on my short-term goals

Week 1

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Week 2

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Week 3

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Week 4

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Translating Kid Wishes



to GOALS



Kid Wish: Have a million dollars.

Short-term goal: Improve grades.

Long-term goal: Get a good paying job.



Kid Wish: To be more popular.

Short-term goal: Make 3 new friends.

Long-term goal: Make 1 good friend.



Kid Wish: To be famous.

Short-term goal: Learn how to act.

Long-term goal: Start a YouTube channel (with parental permission).



Kid Wish: To be a superhero.

Short-term goal: Keep a C average.

Long-term goal: Become a Police Officer.

Goal Selling

EXAMPLES



Short-Term Goals

Long-Term Goals

 Improve my grade in Math.




Make honor roll.

 Make a new friend.



Have a best friend.

 Get all green's on my behavior chart.




Be awarded Student of the Month.

 Eat more vegetables daily.




Lose weight.

 Learn how to sing.



Try out on a singing TV contest.

 Practice my baseball skills every day.



Make the Baseball Team.

Some people want

it to happen,

some wish

it would happen,

Others make it happen.

-Michael Jordan

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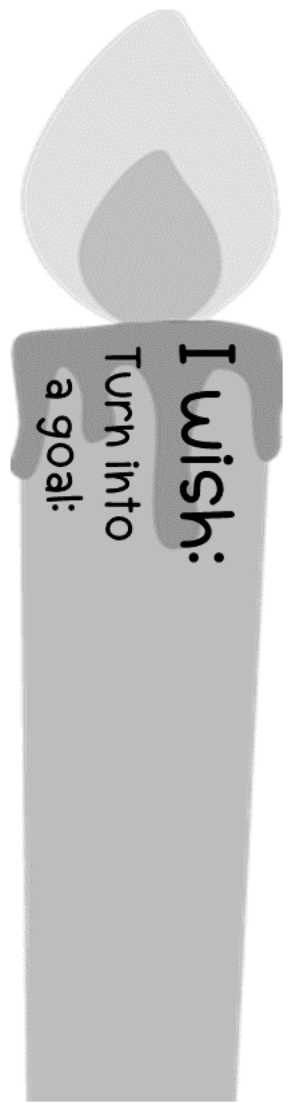
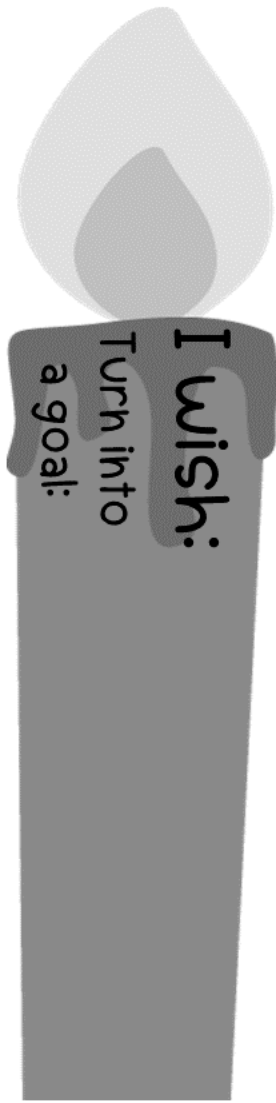
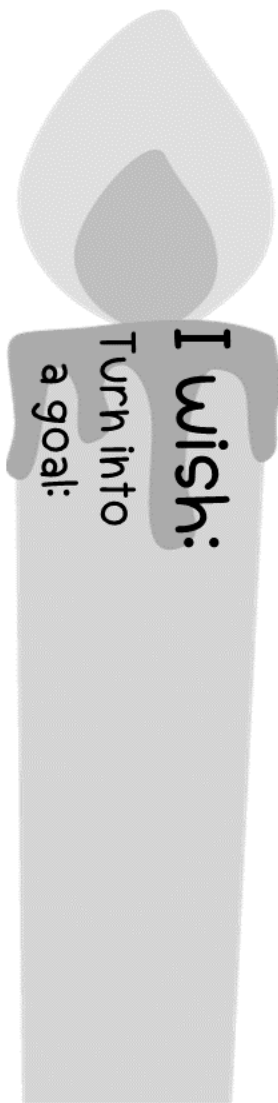
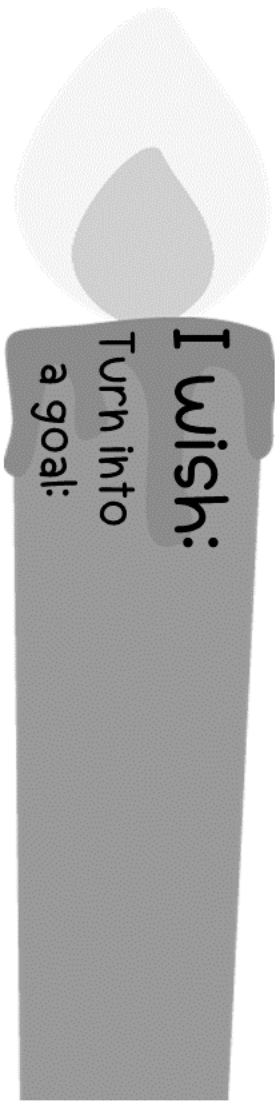
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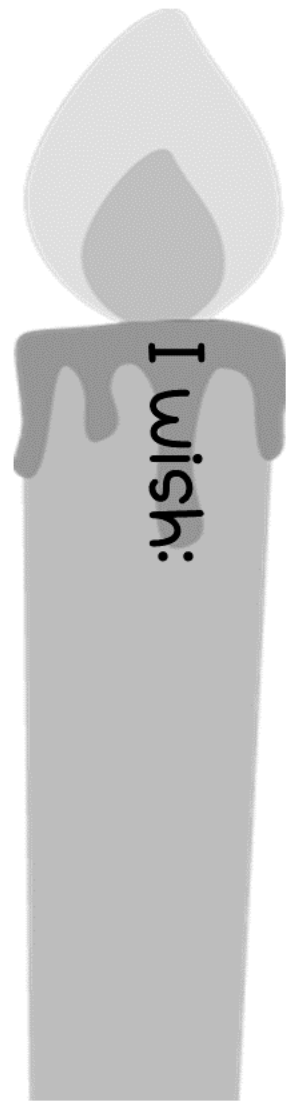
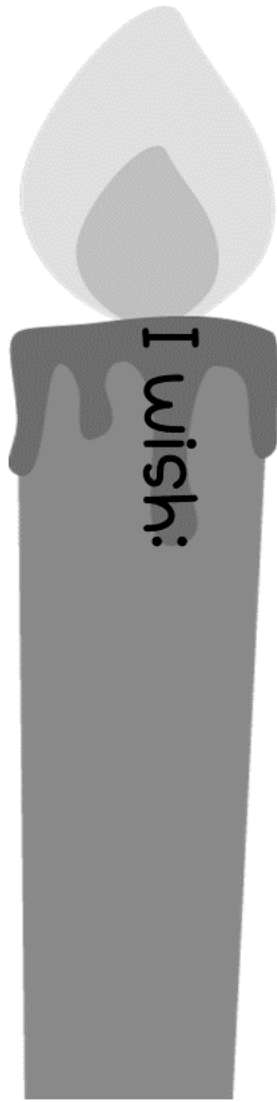
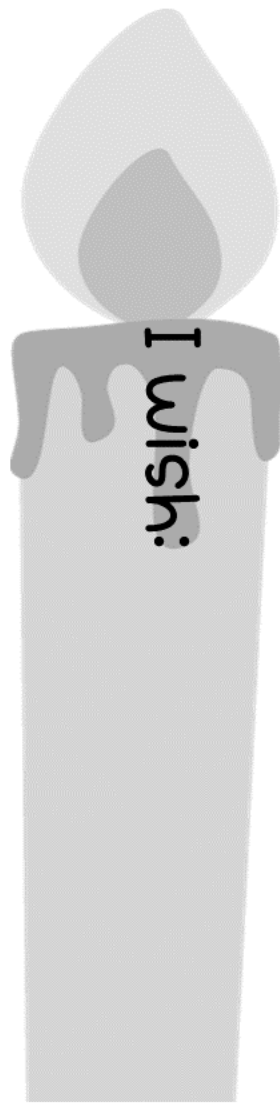
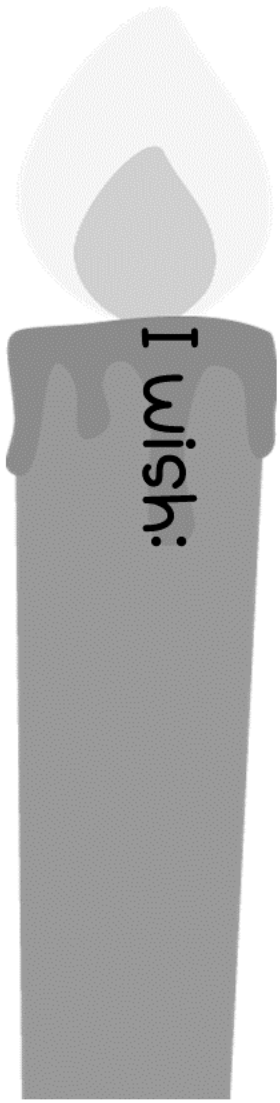
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Wish 1

--	--



Wish 2

--	--



Wish 3

--	--



Wish 4

--	--



My wish is... I can make it
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Wish 5



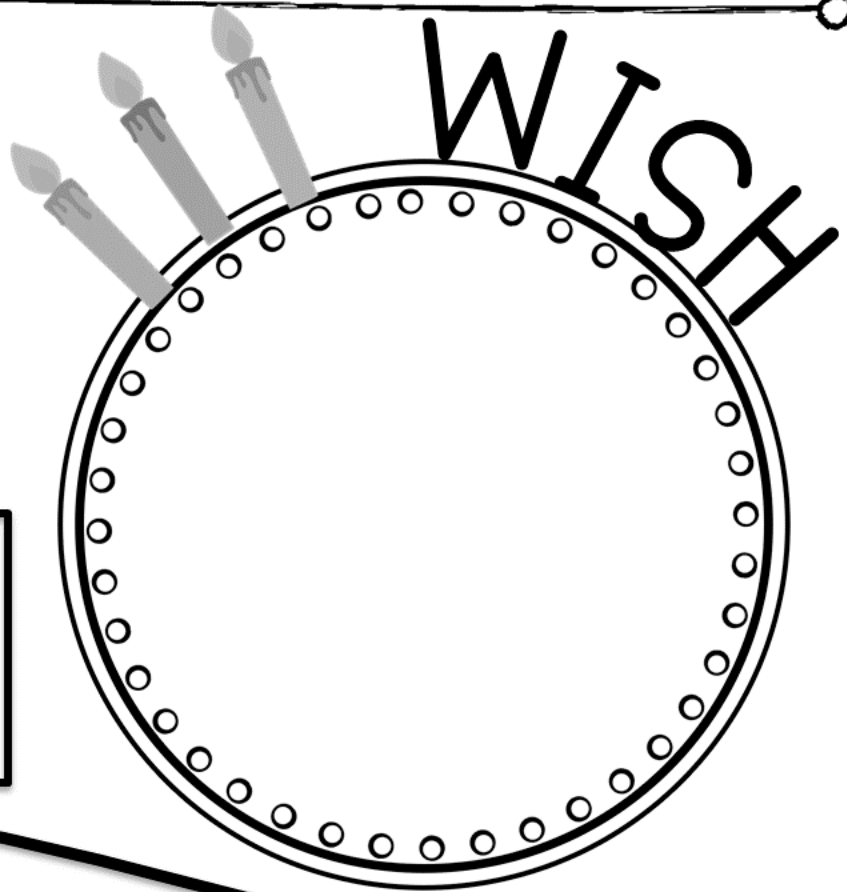
Wish 6



Wish 7



Wish 8



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Who can help me
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SHORT TERM GOAL PLANNING



My Goal:

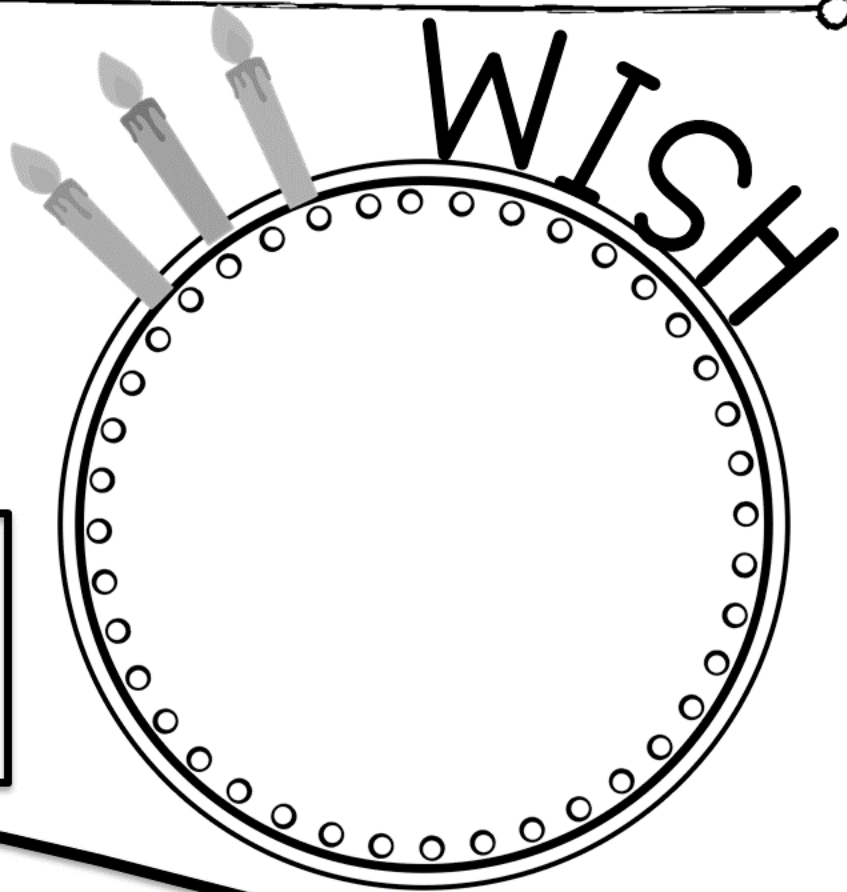
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My long-term goal:

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reach my goal:

LONG TERM GOAL PLANNING



My Goal:

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GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Change wishes to goals](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



Hi, I'm Ashley
SCHOOL COUNSELOR
Blogger & Creator

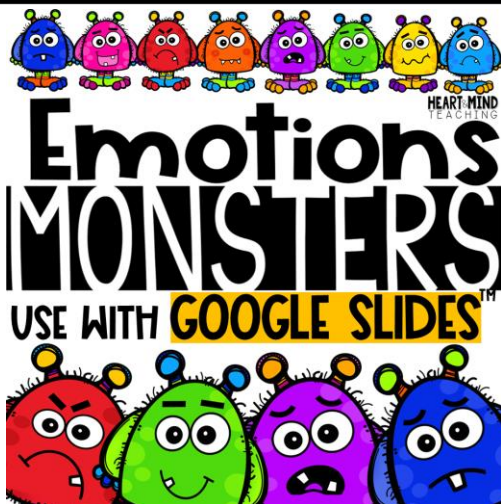
I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to two young boys. Thank you for supporting my little shop.

Click the icons to connect with me



Access my Freebie Library

RECOMMENDED RESOURCES



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Please feel free to contact me if you have any questions or feedback about this resource at:

heartandmindteaching@gmail.com



CREDITS



[Gayle McGlaulin](#)