

## "Visual Goal Setting – Drawing My Dreams"

This **art-based goal-setting lesson** helps **1st-3rd grade students** visualize their **dreams and goals** through drawing. Using their **ChalkWild erasable backpacks**, students will create a **goal map** that represents their aspirations and the steps to achieve them.

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### Lesson Details

- **Grade Level:** 1st-3rd
  - **Duration:** 45-60 minutes
  - **Focus:** Goal setting, self-reflection, creativity
  - **Subjects:** Social-Emotional Learning (SEL), Visual Arts, Language Arts
  - **Materials:** Chalk markers, ChalkWild backpacks, goal-setting worksheets (optional)
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### Learning Objectives

- Students will **identify personal goals** for school, friendships, or hobbies.
  - Students will **illustrate their goals** using symbols and colors.
  - Students will **reflect on the steps** needed to achieve their goals.
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### Success Criteria

- ✓ I can name one or more personal goals.
  - ✓ I can draw pictures and symbols to represent my goals.
  - ✓ I can explain one step I will take to reach my goal.
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## Lesson Components

### Beginning (10-15 min) – Discussion & Brainstorming

- **Class Discussion:** Ask students:
  - "What is a goal?"
  - "Can goals be big or small?" (Example: Learning to tie shoes vs. becoming a teacher)
- **Brainstorm:**
  - "What is one thing you want to get better at?"
  - "What is something new you want to try?"
- **Quick Example:** Draw a **goal ladder** on the board and model how to set a simple goal (e.g., "I want to read more books" → "I will read for 10 minutes each night").

 **Modification:** Younger students can choose from **picture goal cards** (e.g., reading, making friends, riding a bike).

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## **2 Middle (20-25 min) – Creating a "Visual Goal Map" on ChalkWild Backpacks**


- **Step 1:** Students draw a **big circle, cloud, or star** in the center of their backpack and write (or dictate) their **main goal** inside.
- **Step 2:** Around the goal, they draw **pictures and symbols** that represent **steps to reach their goal**.
- **Step 3:** Choose **colors that represent emotions** (e.g., yellow for excitement, blue for focus).

 **Variation:** Instead of a circle, students can draw a **goal path, ladder, or mountain** to symbolize progress.

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## **3 End (10-15 min) – Sharing & Reflection**

- **Pair-Share:** Students turn to a partner and explain their goal.
  - “My goal is \_\_\_\_\_. I will do \_\_\_ to achieve it.”
- **Class Discussion:** Ask:
  - “Why is it important to set goals?”
  - “How does it feel to imagine reaching your goal?”
- **Erase & Reset:** Encourage students to **redraw their goal next week** to track progress!

 **Alternative:** Take a photo of their backpack before erasing and print for a **class goal wall!**

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## **Supports for Diverse Learners**

- ✓ Provide **goal starter sentences** (e.g., “I want to \_\_\_ because \_\_\_.”)
- ✓ Offer **symbol ideas** (e.g., a book for learning, a heart for kindness).
- ✓ Allow students to **verbally express** their goals instead of writing.