



SM K-1 L3 MY GOAL LADDER

Grade: K-1

Competency Area: Self-Management

Lesson Title: My Goal Ladder (Lesson #3)

T-SEL Standard: 2.F.1. Students identify personal and collective goals and name simple steps to achieve them.

Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

1. Introduction: Begin by gathering the students in a circle.

- Instruct students to stand up where they are sitting and act out climbing a ladder.
- After a few moments of acting out the climbing, have students sit back down.
- Ask students "What does a ladder help us do?"
- Guide students to the answer that ladders help us get to something that we are trying to reach.
- Tell them that today, we're going to draw a Goal Ladder to help us reach our goals one step at a time.

2. Drawing Activity: "My Goal Ladder." Explain the activity: "Today, we are going to think about a goal we want to accomplish."

- Instruct students to turn and talk to a partner about a goal they want to accomplish.
 - Then bring the group back together and invite students to share aloud while making a list on the board or chart paper for all students to see.
 - Distribute a copy of the My Goal Ladder handout to each student.
 - Instruct students to place the handout in their backpack so they are ready to draw on it.
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SM K-1 L3 MY GOAL LADDER (CONT.)

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- At the very top of the ladder, tell them to draw or write a simple, achievable goal they have. Examples: learning to tie shoes, reading a new book, making a new friend, keeping their room tidy for a day, or finishing a big drawing.
- On each rung of the ladder, have them draw or write a small, actionable step they can take to reach that goal. For example, for "learning to tie shoes," steps might be "practice making loops," "ask an adult for help," "try again tomorrow."
- Encourage them to color their ladder and goal brightly.

3. Sharing: Instruct students to put their backpack on and walk around the room. They should find five students and share their goal with them by saying "My goal is to _____." Then they need to high five their partner and say "You can do it!"

End the lesson by reminding students that their Goal Ladder helps them work towards what they want to achieve, one step at a time.





MY GOAL LADDER

