

Grade: K-1

**Competency Area: Self-Management** 

**Lesson Title:** My Goal Ladder (Lesson #3)

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

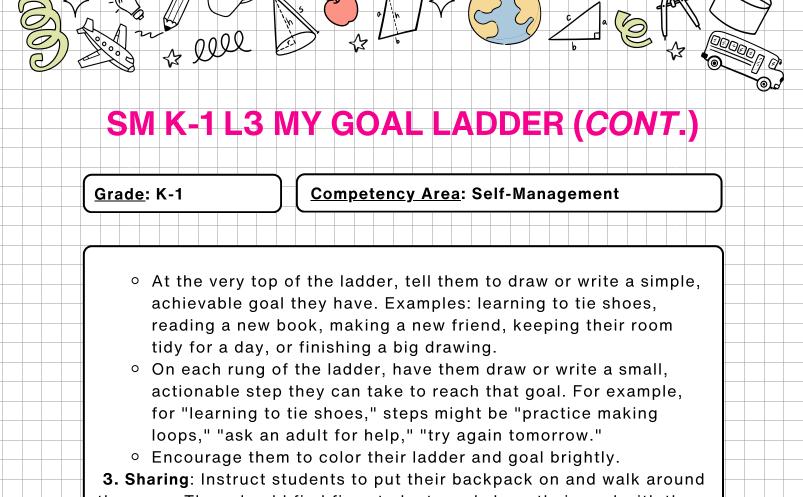
**Duration: 20 minutes** 

\$ 200l

<u>Materials Needed</u>: 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.



**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.



