

Children's Goal Setting Sheet

Metacognitive skill targeted: Enhancing children's self-regulation, motivation and participation in the educational process

When to use it

We use the goal-setting sheet for children: at the beginning of a learning unit, during the year (at regular intervals) to redefine goals, in differentiated teaching or as a communication tool with parents.

What you'll do

Think of something you want to achieve at school or for yourself. It may be something you want to learn, improve or try harder at.

What You Need

The target setting sheet, pencil or pen, markers or coloured pencils (optional), envelope or folder, good mood and willingness to try!

How to use it

- Write down your goal in simple words.
- Think about what you can do to achieve it.
- Write down when and where you will try.
- At the end of the week, reflect: Did you make it? What went well? What can you do better?

Remember: Your goal is your own. Try as hard as you can and don't give up!

About this Template





First, you write your name to show that the target is yours. Then, you write your goal - something you want to try to do, like concentrate better or finish your homework. Then, you think about what you can do to achieve it (e.g. ask for help, organise your time). You fill in when and where you will try, such as in class or at home. Finally, you write down how you did it, what helped you or what you would do differently. This way, you track your progress and learn to improve step by step!

Tips for Reuse / Continuation

1. Keep the old sheet to see your progress and decide whether you want to continue with the same goal or try a new one.
- 2 . Refresh your goal every week or whenever you need to, adding small steps to get even better!

CHILDREN'S GOAL SETTING

DATE: _____

Step	My Answer 
1. My goal in simple words	
2. What can I do to achieve it?	
3. When and where will I try?	
4. At the end of the week	
 Did I make it? (Yes / No)	
 What went well?	
 What can I do better?	