

# GOING FOR GOALS!

## Workbook

(Loosely based on SEAL for  
Yr 3 / Yr 4)



by Jenny Helmer



# GOING FOR GOALS!



## How do I Learn best?

LO: I can tell you about myself as Learner.



I like to have lots of friends and understand them well. I can sort problems and conflicts. I learn best by sharing, relating to others, comparing and working together.



I like to move, touch and use my body. I learn best by touching and moving.



I like to draw, build and design and learn best by imagining, dreaming, working with colours and pictures.



I like singing and listening to music. I learn best when I use rhythm, melody and music.



I like to read, write and tell stories. I learn best when I say, hear or see words.



I like maths and problem solving. I learn best by grouping things, working with patterns, shapes and numbers.



I learn best when I work alone, when I have my own space and working at my own pace.

# Setting Goals

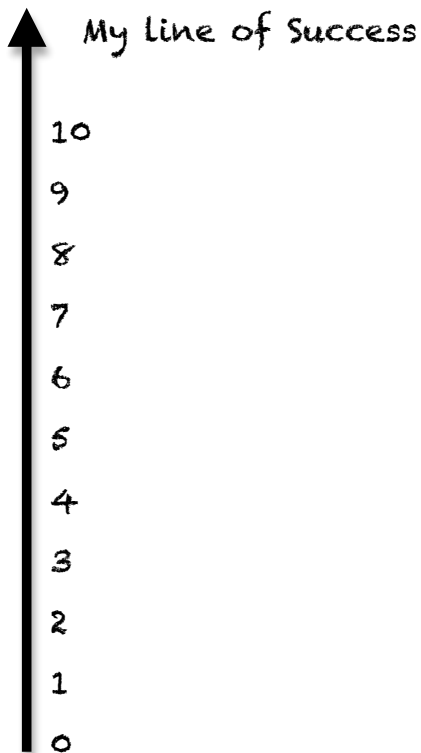
LO: I can set a goal and make my own success criteria.



My Goal:

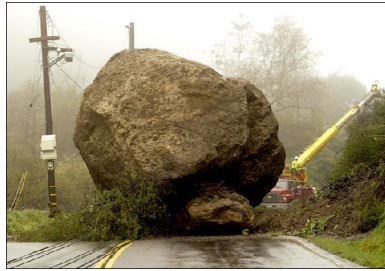


How I can reach and achieve my goal: (Success Criteria)



# Overcoming Obstacles

LO: I can manage frustration by using a number of strategies.



How I still follow my goal, even when it is hard and things stop me:


Drawing: How I still follow my goal, even when it is hard and things stop me.

# Taking Responsibility

LO: I know that I am responsible for my own learning and behaviour.

My responsibility:

Someone else's responsibility:

# Taking Responsibility

I lost the game because I hadn't practised.

I lost the game because the other side cheated.

He made me laugh so I got thrown out of class.

I did well in that spelling test because the spellings were easy.

I got a good comment on my maths work because the teacher likes me.

Sherona doesn't want to be my friend because I wasn't very nice to her when she first started at school.

I did well in that spelling test because I did my homework and learned the words really well.

I feel proud of myself because I did the right thing when Shaheed hit Naomi.

I got a good comment on my maths work because I have been working really hard in class recently.

I am good at swimming because I practise every day after school.

I couldn't finish my homework because I had to watch my favourite TV programme.

I had to take the chocolate because they would call me names if I didn't.

I didn't get the part in the play because I hadn't learned my lines.

# Talking about Consequences

LO: I can predict the consequences of my own (and others') actions.

What is brave? What is unwise?

# Talking about Consequences

## Brave or unwise choices challenge

It is sometimes hard to tell when someone is being brave or when he or she is making an unwise choice. What do you think about Maria in these short stories?

Maria was playing with her brother Mark. They were trying to see who could jump down the most steps. They had started with three steps and found that easy. Mark had tried four steps and so Maria had a go and managed that. Mark had then gone up to the sixth step. He looked at Maria and said, 'I bet you can't jump six.' Maria went up to the sixth step and looked down. It was a long way. Mark was calling, laughing and shouting 'Scaredy cat'. Maria jumped.

Maria and Mark were on the way to school. They noticed that there was a large hole in the road where some workmen had been working. There was nothing to tell the drivers of cars coming down the road that there was danger. Someone must have taken away the warning to drivers as a dare. Maria looked up. There was a car coming. She stood in front of the hole and jumped and waved her arms. The car stopped just in front of her.



# Reflecting

LO: I know that I am responsible for my own learning and behaviour.

In drawing or writing tell me:

I worked towards my goal when...

I found it hard to work towards my goal when...

What have you learnt about setting goals?