



★ Dear Sussex Corner Familiez,

★ We BUZZing with excitement to bring you another Bee Me Kidz in Your Inbox this week. We hope you had a wonderful March Break and enjoyed time with your familiez.

★ Our lesson this week is about setting goals.

★ Spring is right around the corner and it is the perfect time to set goals! Goals come in many forms, but all have something in common. They must be specific, measurable, attainable, relevant and time bound. We refer to them as SMART goals.

★ Having children set a goal for themselves is important as it gives them a sense of purpose that can improve their confidence and build self-esteem.

★ You can keep up to date on all the exciting events with Bee Me Kidz by downloading our App or following our Facebook and Instagram pages. Upload photos of your familiez completing the lessons, we enjoy seeing them!

Warm regards,  
The Bee Me Kidz Team  
506-654-0064



# For Parents/Guardian



Talking about setting goals can be intimidating. It doesn't have to be. The first step and sometimes the hardest part is figuring out your goal. What is it you want to achieve?

**SMART** is a well-established tool that you can use to plan and achieve your goals

Specific goals should be straightforward. What are you going to do? Why is it important? How are you going to do it?

Measurable goals are timed goals. If you can't measure it, you cannot manage it.

Attainable goals need to challenge you slightly but you must also feel that you can do it, goals set too far out of reach could set you up for failure.

Realistic goals mean "do-able". You have the skills and knowledge needed to succeed.

Timely goals have a set time frame. Having a timeframe gives you a clear target to work towards.

Find a goal or goals that motivate you and write them down. Then plan the steps you must take in order to realize your goal, cross off each one as you work through them. If you are having trouble sticking to your goal make sure the goal you have set is more than just an everyday day improvement effort. For example:

You decide to start running. Instead of running with no particular purpose, a better goal would be to complete a specific race, which would require more careful planning, motivation, and discipline.

Devising a plan or a way of getting there makes the goal realistic but with some effort. If your goal is too difficult, you risk failure; too low and you may not set the "bar" high enough for a satisfying achievement.

Everyone will benefit from setting goals and objectives if they are SMART goals. Using the SMART formula will help you get there.

# setting goals

## MY PRIORITIES

- 1.
- 2.
- 3.
- 4.
- 5.

When I feel like giving up, I will tell myself...

GOAL: \_\_\_\_\_

Action Steps-

- 1.
- 2.
- 3.

DEADLINE: \_\_\_\_\_

GOAL: \_\_\_\_\_

Action Steps-

- 1.
- 2.
- 3.

DEADLINE: \_\_\_\_\_

GOAL: \_\_\_\_\_

Action Steps-

- 1.
- 2.
- 3.

DEADLINE: \_\_\_\_\_

GOAL: \_\_\_\_\_

Action Steps-

- 1.
- 2.
- 3.

DEADLINE: \_\_\_\_\_

GOAL: \_\_\_\_\_

Action Steps-

- 1.
- 2.
- 3.

DEADLINE: \_\_\_\_\_

## Talking With Your Kidz This Week



Why teach your child(ren) how to set goals? Having children set goals teaches them to take responsibility for their own behaviours and learning. It promotes a "can-do" attitude and helps them form positive habits.

You can explain how achieving a goal is very similar to shooting at a target in hockey or scoring a goal in soccer.

With kids let them choose their big goal.

- 🎯 Something they wish they could achieve.
- 🎯 What would they wish for if they knew they could not fail?

Discuss the purpose of their goal.

- 🎯 Greatest benefit.
- 🎯 How could it help others?

Break the big goal into smaller steps. Think and talk about potential obstacles they might face. Again, the use of a vision board is a helpful tool for children. Seeing what they are working towards is a very powerful motivator. For example:

If they are saving for a bike, work together to figure out ways they can make some money. Are there some chores around the house they could get an allowance for? Is there a neighbour they could help?

On their vision board, they could have pictures of bikes, racetracks, mountain trails, a money symbol, etc. Have a smaller goal of raising a portion of the money by "X" number of weeks, instead of the complete amount to purchase the bike.

For children, goal setting through the SMART goals method simplifies a wish and breaks it down into actionable steps making it more likely to be achieved.



# Activities



## Goal Brainstorm

My goal:

My deadline:



A large rectangular area with horizontal blue lines on a light green background, intended for writing a goal and a deadline.





## Goal Setting Worksheet for Children

Create up to three goals for yourself.

Goal 1

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Goal 2

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Goal 3

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Write down what you will do to reach your goals.

Goal 1-Action Plan

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Goal 2-Action Plan

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Goal 3-Action Plan

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What are some positive qualities about you that will help you reach your goals? \_\_\_\_\_

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What might get in the way of you reaching your goals? \_\_\_\_\_

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How will you monitor your progress towards your goal? (i.e. sticker chart) \_\_\_\_\_

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# Weekly Goal



What is my BIG goal for the week?

Now break it down into steps and do a little bit each day!

Goal for Monday:

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Goal for Saturday:

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Goal for Tuesday:

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Goal for Sunday:

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Goal for Wednesday:

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Goal for Thursday:

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Goal for Friday:

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I set a goal for myself. I want to

**I'm in charge of myself so I  
know I can do it!**

I set a goal for myself. I want to

**I'm in charge of myself so I  
know I can do it!**

**A GOAL WITHOUT A  
TIMELINE IS JUST A  
DREAM.**

ROBERT HERJAVEC

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