GOALS

Have you ever set a goal for yourself? Did you ever reach that goal? How did it feel when you did?

A long-term goal is something you want to do or achieve in the future such as what kind of job you want to have or the kind of person you want to be. Do you have any long-term goals? What are they?

Ask your parent/guardian if they have any long-term goals right now or what their long-term goals were when they were your age!

A short-term goal is something you want to do or achieve in the near future or soon such as knowing all your multiplication facts or learning how to play an instrument. Do you have any short-term goals? What are they?

Ask your parent/guardian or family members if they have any short-term goals right now!

During stressful times, we can focus our mind and heart on positives by creating fun short-term goals that we can work towards achieving while we are not in school. Think of a short-term goal you can work on at home! Here are some simple ideas:

- Teach your pet a new trick
- Learn a new dance
- Finish reading a book or challenge yourself to read a number of books!
- Write your own story
- Organize and clean your room
- Learn the alphabet in sign language
- Learn a magic trick
- Write a letter to family and friends
- Look up and practice yoga poses
- Knowing all your multiplication facts

**REMEMBER!** Even short-term goals take time to achieve so pace yourself and don't worry if it takes days or even weeks to reach!