January is all about setting goals and making New Year’s Resolutions. Here at MASCA we encourage all our students to set goals for themselves. We believe it is also important as parents to encourage your child to set goals as well because not only can it improve their confidence and build their self-esteem, but it also helps them focus and make better decisions. Setting a goal can be used to motivate your child by ensuring that they achieve smaller goals on a regular basis. How can you help your young one to set a goal and work toward it?

Children are naturally great goal-setters. They all know what they want to be “when they grow up” and this makes for the beginnings of goal setting. As parents, try to encourage and develop these early ideas into the powerful belief that they can go for their big dream and that it will come true if they work hard enough to achieve it.

The idea of goal setting for kids is to get them started in the life-long frame of mind of thinking, planning and taking action in order to achieve results. Make this process easy on yourself: start out with a simple goal that is effortlessly achieved. Below are a few examples of a process which you can simply replicate.

1. Make a family bucket list. Gather your family together and brainstorm activities, accomplishments and events/experiences and put them together. At the end of the year you can look back on all that your family accomplished.
2. Make a vision board. Have your child cut out photos from old magazines that reflect their hopes and dreams. Glue the photos onto poster board and decorate with positive phrases or encouraging words. Ask your child how they will achieve their dreams.
3. Play 3 stars and a wish. Have your child come up with 3 things they do well (stars) and 1 thing they’d like to improve.

There are plenty of resources and ideas online to help you get the conversation started. We as school counselors believe in the power of “Yet”. Even though your child may not know how to do something yet, with determination and perseverance, and support from friends and family, the sky’s the limit!

http://www.ccsrwfl.org/blog/why-is-goal-setting-important-for-children-0

https://biglifejournal.com/blogs/blog/5-fun-goal-setting-activities-children?gclid=Cj0KCQiAg_HhB
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