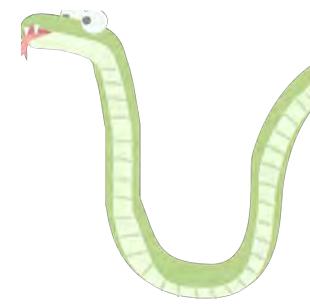


# Goals

Guide



## Q What

Goals is an activity where the pupil sets their own smart goals based on everyday activities in school. Each part is voiced and designed to engage the pupil with their emotional development as much as possible.

## ? Why

Using the Goals part of IDL Wellbeing teaches pupils to be responsible for their own development whilst giving them the self-sufficiency to identify and strengthen their wellbeing on their own terms.

## When

Goals are an integral part of the program and leading your pupils' emotional journey so should be used as frequently as possible. The more they are reviewed, the stronger their emotional competencies will be as well as teaching them healthy habits.

## Learner Activity

Setting goals is an essential part of school and later life. Using the program to help pupils visualise and internalise their own personal goals in a one-to-one environment will help those who don't know where to start.

## Class Activity

Our goal setting activity has a wide range of uses from a class activity about social responsibility, co-operation and personal development to something an entire assembly can take part in before school competitions or helping embed your school's values.

