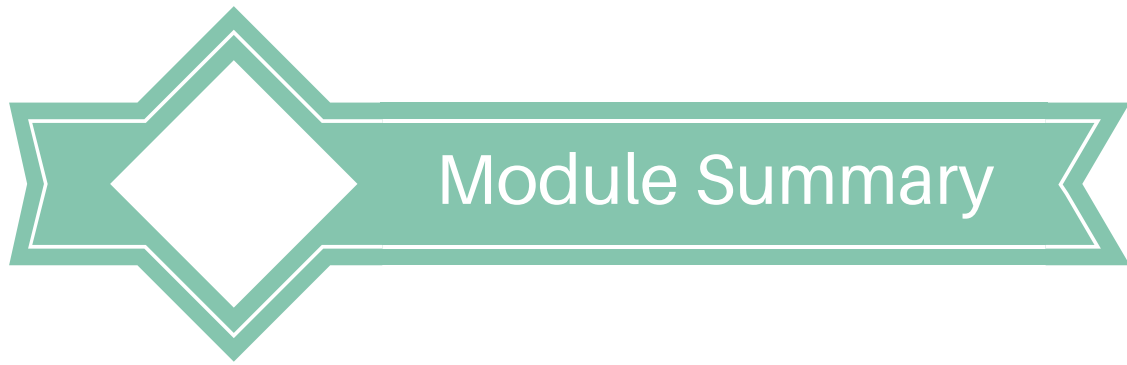




For Early Years

# Engage

*Parent Pack*



## Module Summary

**During this module your children learn all about the importance of setting goals.**

They learn the following key points:

Setting goals helps us to achieve what we want to

When we set a goal and ask for help we can do amazing things

We should celebrate achieving our goals.

There is a lot of evidence that shows the power of goal setting in both achievement and satisfaction and so learning this skill and habit at a young age is really positive.

We use a very simple approach to setting goals, it would be great if you could model this at home! We have provided you with a poster on the next page so that you can refer to it at home with your child.

We really encourage you to use this at home and set goals with your child.

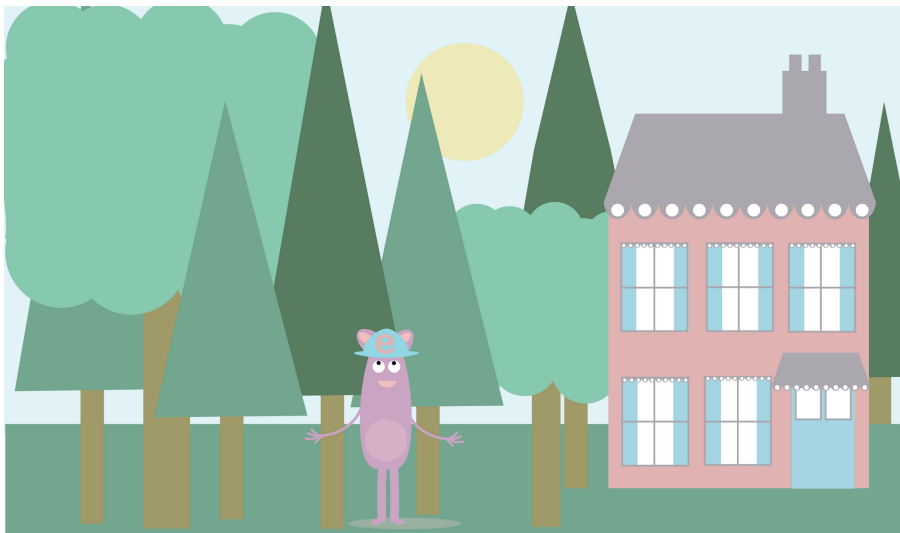
# Goal Setting Approach

Why not practice these goal setting skills at home too?



# Engage story

We encourage you to go over this story with your child and ask them what they remember from school, these prompts will help you.

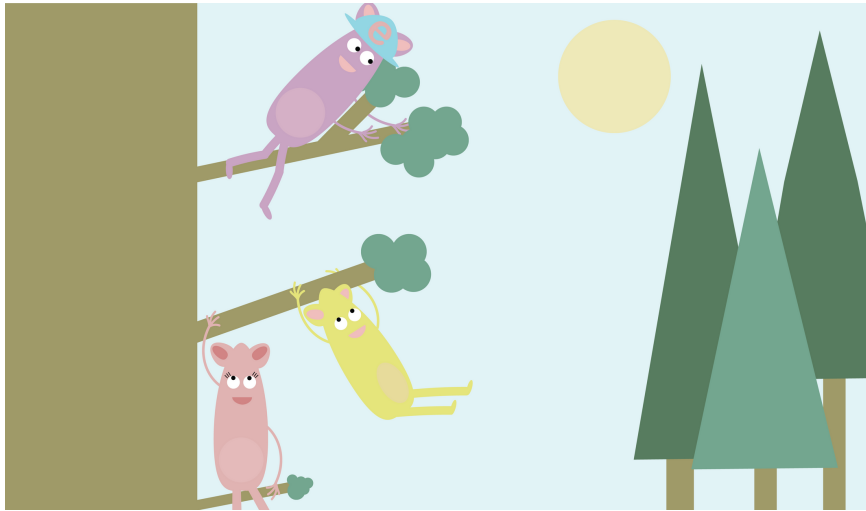


Once upon a time there was a little boy call Ernie and he lived in a pink house right in the middle of a forest!

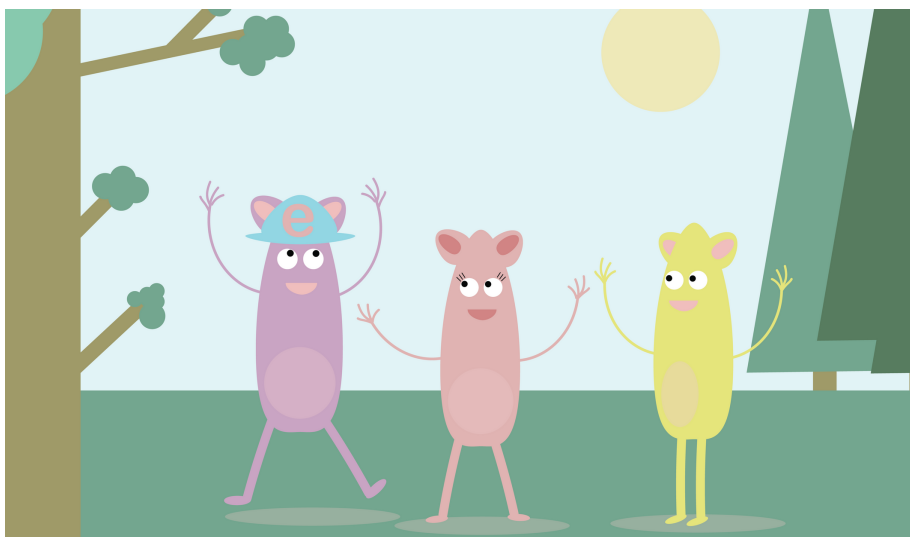


It was Ernie's birthday and he was so excited as he was having a tree climbing party and climbing was his favourite thing to do!

## Engage story



At the party everyone had been practising their tree climbing and then they decided to have a tree climbing competition...



Ernie and his friends started climbing and Ernie won as he climbed higher than everyone else - he explained this is because he sets goals to help him achieve what he wants to !



# Habits at home

Have we set a goal today?

What are our goals?

How did it feel to focus on goals?

~

"A goal without a plan is  
just a wish!"

~