



The first week of our Happiness Project was all about setting goals, and understanding the steps we need to take to achieve those goals and how this can make us happy.

- Goals give us direction and a sense of control over our daily lives.
- Goals can help us to structure time in the short term and the long term
- Goals can boost our confidence and give us something to look forward to

It's important to break goals down into achievable steps.

Children and adults thought about a goal that they would like to achieve by the end of the year. We wrote them down and put them in boxes along with the smaller steps needed to achieve the goal. We will open up the box in July 2019 to see if we have achieved our goals.

Some of the older children thought about what job they would like and the skills and attributes they might need to develop so as to be able to do this role.

GOAL Setting Goals

Week 1

Name: Oliver

I am a superhero and I will reach my goal!

My Goal for this year is to do 2 bike hrs

Three things I can do to help reach my goal are:

1. practise
2. go to football camp
3. play with my friend and work together

Name: Jasper

I am a superhero and I will reach my goal!

My Goal for this year is to get better at fishing

Three things I can do to help reach my goal are:

1. practise
2. never give up
3. practise in my garden

Name: Aya

I am a superhero and I will reach my goal!

My Goal for this year is music because I want to be able to play a song on the piano

Three things I can do to help reach my goal are:

1. practise
2. listen
3. play the piano every week