



Setting Goals



The first week of Happiness Project started with all the children setting personal goals for the coming academic year. The children were asked to think about what they'd like to achieve and the steps they need to take to get to their goal. These goals have gone into a special box, which will be opened just before the summer holidays.

Children came up with lots of great ideas such as being able to do 3D writing, beating my dad at table tennis, getting a medal in the cross country competition and learning to make a Genoise sponge!

Mrs Forsdyke also presented an assembly about **Katarina Johnson-Thomson**: an athlete who didn't give up on her goals, even when she had set backs in her journey.

Goals give us direction

Goals give us a sense of control over our lives

Goals help us to plan our time in the short term and the long term

Goals boost our confidence

Goals can be something to look forward to

