



HELLO PARENTS,

Dreams are about goals – and more. They give us purpose and direction, shape our lives and the choices we make, make us happy and give us a sense of accomplishment, help us express who we are and what is important to us. Learning to set goals plays an important role as your child starts to gain independence and feel they have some control over their own life. Setting goals does not come naturally to your child, so helping them to learn the process should probably be one of your goals! In this newsletter, we provide you with activities that will encourage your child to learn how to set goals.

ACTIVITIES

INFANTS (3 -18 MONTHS)

STANDING ON MY OWN

DIRECTIONS:

- Support your child to a standing position when they are developmentally ready.
- Open your arms, and encourage your child to take a step towards you.
- Give your child time to gain independence and bear some weight on their legs.

[Click here](#) to read "Walk On! A Guide for Babies of All Ages" by Marla Frazee.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

PEDAL ON!

MATERIALS:

- Tricycle

DIRECTIONS:

- Choose the tricycle that fits your child properly. For example, the feet touching the ground, the knees bend slightly when settled on the pedals. Your child should be able to reach the handlebars.
- Let your child sit on the bike, and attempt to ride it.
- Support your child's effort, and make comments about their success.
- Let your child know that it takes time to learn how to ride a bike.

[Click here](#) to read "Everyone Can Learn to Ride a Bicycle" by Chris Raschka.

PRESCHOOLERS (2.5 – 5 YEARS)

CREATE A VISION BOARD

MATERIALS:

- Old magazines Scissors
- Glue Poster board
- Coloured pencils Art materials

DIRECTIONS:

- Gather some old magazines and ask your child to cut out pictures that represent their hopes and dreams. If your child has something specific they want to include that they cannot find, you can print pictures from the Internet.
- Your child will then glue these pictures onto a piece of poster board, and decorate it.
- When it is finished, hang the vision board somewhere they will frequently see it and be reminded of their aspirations.

[Click here](#) for vision board questions.

JK/SK (4 – 6 YEARS)

DRAW A WHEEL OF FORTUNE

MATERIALS:

- Paper
- Markers
- Scissors

DIRECTIONS:

- Help your child draw a wheel divided into segments.
- On each segment, your child will write important categories in their life: Family, Friends, School, Sports, etc.
- Your child will then choose one category that they would like to focus on first. For this category, they will write each goal they want to accomplish in a set period of time. For example, if the category is "Sports," your child might write that they would like to practice at least three times a week, for the next three months.
- Next, talk to your child about the steps they will take to achieve these goals and what obstacles they may encounter along the way. If they do encounter these obstacles, what will they do to overcome them?
- Let your child colour and decorate the wheel however they would like, then hang it somewhere prominent.
- As your child reaches their goals in one segment of the wheel, do something to celebrate. Then repeat the process above for each additional segment.
- Over time, your child will improve in many aspects of their life, all while learning to set and reach goals.

[Click here](#) for more information.

SCHOOL-AGERS (6 – 12 YEARS)

STEPS TO SUCCESS

MATERIALS:

- Paper
- Pen
- Tape

DIRECTIONS:

- Using a stair-step visual write down your dream at the top of the staircase.
- Write down a goal at the very bottom of the staircase and the first action towards that goal.
- Continue "climbing" the stairs adding a new action to achieve your goal. Add dates, drawings, anything that helps motivate you! For example, if you chose "basketball" as an interest, you can now create stair-step goals based on your interest such as:
 - Practice everyday for 30 minutes
 - Run 1 mile, 5 days a week
 - Score 50 points this season
 - Make 25 rebounds
 - Encourage your teammates

[Click here](#) to read "Salt in His Shoes; Michael Jordan in Pursuit of a Dream" by Deloris Jordan and Roslyn Jordan.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Talk with your child about what is important to them and what they would like to be able to do and become.
- Keep them short term. Especially for young children, focus on a goal they can accomplish in about a week. Keep the size of the goals very small, and hopefully attainable.
- When a goal is achieved, celebrate! Talk about how proud you are of your child and let them tell you how proud they are of themselves.
- Talk about your goals, and be a model for your child.