

## Parent & Carer Guide



HAVE A GOAL

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If you miss, you may hit a star.”***

*(W. Clement Stone)*

Promoting Emotional Health & Well-being

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## Have a Goal

In this unit, we will be looking at the importance of setting and pursuing meaningful goals. When we make progress on things that are important to us to achieve we are more satisfied with our lives and report higher levels of wellbeing.

While no-one starts a goal expecting to fail, we will undoubtedly hit setbacks along the way. Resilient people understand that working at something takes energy, motivation and effort. They view failure as feedback, recognise it can happen to anyone, reflect on what wrong and try new ways to tackle the problem. Research suggests that children who experience adversity and develop problem solving and coping strategies while they are young, are more likely to be able to have good ways of dealing with setbacks as an adult.



In this unit, Skipper sets himself the goal of writing a book. When he asks for feedback on his writing he is disappointed and wants to give up. The children learn that failure provides us with an opportunity to reflect and try a new way. Even successful people fail sometimes!

### In this unit, we will be learning that:

- Setting a realistic goal helps to motivate us
- Learning to overcome setbacks helps us cope with future ones
- It is important to celebrate our successes

### Talk it Over:

Talk to your child about a goal you set yourself and how you dealt with setbacks and failures along the way.

### Family Task:

Set a goal together to be completed within three weeks. Think about what you can use to help you and agree how you will celebrate once you've achieved it.

**Key Book:** 'Rosie Revere Engineer' by Andrea Beaty

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