

NEW YEAR WISHES JUST FOR YOU
HAPPINESS AND PEACE IN ALL YOU DO
MAY GOD BLESS YOUR HOME AND FAMILY TOO
MAY HE BE WITH YOU THE WHOLE YEAR THROUGH.

www.kid4.com

Counselor's Corner

January/February 2020

Welcome 2020!

As we begin 2020, it is important that we encourage our children to start the New Year in a positive way! The New Year historically is a time where we reflect on the past year and consider goals for things we may want to change for the upcoming year. Goal setting is beneficial for children in many ways. It is a life skill necessary for success and happiness. It teaches children to be responsible for their own success and failures; to prioritize and manage their time; improves their self-esteem and confidence; and helps children identify their strengths and abilities.

Activities to Help Set and Reach Goals

1. Draw out goals. This is a great way to visualize goals and dreams. Ask questions like, "Where do you see yourself in three years?" Have your child draw out his/her vision for the future. Put the drawing where it is visible and prominent.
2. Saving money. Ask your child what they want to buy or experience. Encourage your child to save up what they need to achieve this.
3. Keep a journal. Have your child write their thoughts, feelings, dreams, achievements, ideas, and anything else they can think of.



Keep track of progress

Create a **vision board**. Ask your child to find photos that represent each goal. Once they reach a goal, they can glue it to the board. When they attain all their goals, display the collage with their successes. Make a **goal ladder**. This metaphoric ladder is another visual tool to help structure steps for success. Displaying goals and looking at them frequently makes reaching your goals much easier. You can even make goal-setting a friendly competition between the kids for a little added incentive.

Resource: All Kids Urgent Care

<https://mysickkid.com/helping-kids-set-and-reach-goals/>



5 Steps to Goal Setting

1. Break BIG goals into smaller goals.
2. Keep your goals short term.
3. Celebrate Success!
4. Build on your goals, its ok if they change as you go.
5. Talk about YOUR goals with others!

For more information

<https://www.howweelearn.com/teach-kids-se-achieve-goals/>

Shirley