

Goal Setting Activities

Vision Board Goals: (ES aged Mentees)

Materials Needed:

- Poster board, cardboard, or construction paper.
- Scissors
- Glue sticks
- Magazines, printed pictures, or markers
- Stickers, glitter, or other decorations (optional)

Steps:

1. **Dream Big!**
 - Ask your mentee to close their eyes and imagine what they want in the future. For example, "What do you want to learn or be able to do?" "Where do you want to go or who do you want to meet?" "What activities make you happy?"
2. **Write Down Your Goals**
 - Encourage your mentee to choose 3 simple, positive goals they want to work on this year, like "Learn how to ride a bike," "Get better at reading," or "Make a new friend."
3. **Find or Draw Pictures**
 - Have them cut pictures from magazines or draw their own pictures that represent their goals. For example, a picture of a bicycle could represent learning to ride, or a book for reading.
4. **Organize and Glue**
 - Help your mentee organize their images on the board and glue them down. They can group similar goals together or create sections for different types of goals (e.g., "School," "Friends," "Fun Stuff").
5. **Add Words and Decorations**
 - Encourage your mentee to write positive words or phrases around their pictures, like "Be Brave" or "Keep Going." They can also add stickers, glitter, or colorful designs to make it personal and fun.
6. **Review Your Vision Board**
 - Remind your mentee to look at their board every day as a reminder of their goals. Explain that these goals are something they can work towards, one step at a time.

Wrap-up Activity: Ask your mentee to share one goal from their board and a small step they can take this week to get closer to it. This helps reinforce goal-setting and breaks down big ideas into small actions!

Vision Board Instructions for Middle-High School Students

Create a vision board that represents your goals and dreams, helping you set and plan for realistic, motivating goals.

Materials Needed:

- Poster board, cardboard, paper, or any surface you can glue on.
- Scissors
- Glue, tape, or pins (if using corkboard)
- Magazines, printed images, markers, or printed quotes
- Decorative items like stickers, washi tape, or markers

Steps:

1. Reflect on Your Goals and Values

- Ask your mentee to think about areas of their life they want to improve or dreams they have for their future. Categories could include “School,” “Future Career,” “Health,” “Hobbies,” or “Relationships.”
- Have them write down a few goals for each area they feel is important to them. Goals can be both short-term (this year) and long-term (next 5–10 years).

2. Visualize with Pictures

- Encourage your mentee to find images and words that represent these goals. For example, a picture of someone studying might represent academic goals, or an image of a concert could represent a desire to explore music.

3. Arrange and Design the Board

- Encourage your mentee to get creative! They can arrange images by category, timeline (short-term to long-term), or create a story map. Encourage them to add words and phrases that inspire them, like “Believe in Yourself” or “Growth.”

4. Set SMART Goals

- Explain how to make each goal SMART (Specific, Measurable, Achievable, Relevant, Time-bound). For example, instead of “Do better in school,” they could say, “Raise my math grade by 10% this semester.”

5. Create a Path of Actions

- Next to each goal or image, ask your mentee to write down one or two actions they can take to start working on it. For instance, “Study math for 20 minutes daily” or “Practice guitar for 15 minutes after school.”

6. Add Finishing Touches

- Let them add final touches—colors, drawings, stickers, and anything else that makes it personal and exciting.

7. Place It Somewhere Visible

- Remind your mentee to hang their board somewhere they’ll see it every day, so they’re always reminded of their goals.

Wrap-up Activity: Ask your mentee to share one short-term goal from their board and identify one step they can take this week to work towards it. This makes the vision board actionable and grounded in their real-life routines.

Goal Setting Jar Instructions for Elementary School Students

Goal:

Create a Goal Setting Jar to help you set small goals and celebrate each time you achieve one!

Materials Needed:

- Mason jar or any empty container with a lid
- Colored paper or index cards
- Markers or crayons
- Scissors
- Stickers or decorations (optional)

Steps:

1. Decorate Your Jar

- Let your mentee personalize their jars by adding stickers, drawings, or any other decorations. They could add their name, a label like "Goal Jar," or positive words like "You Can Do It!"

2. Think of Your Goals

- Ask your mentee to think of 5–10 small, achievable goals they can work on for the week or month. Simple examples could be "Read a new book," "Help a friend," "Learn something new," or "Practice counting to 100."

3. Write Goals on Paper Strips

- Have your mentee cut the paper or index cards into strips. They should write one goal on each strip of paper. Encourage them to use bright markers to make each one colorful and exciting.

4. Put Goals in the Jar

- Fold each strip and place it in the jar. Tell them this jar holds their "goal treasures," ready to be opened and completed one at a time.

5. Pick a Goal Each Day or Week

- Each day or week, your mentee can pick one goal from the jar to focus on. When they accomplish it, they can celebrate with a high five, a sticker, or even a small treat.

6. Refill with New Goals

- Encourage them to keep adding new goals as they achieve old ones! Remind them that each goal they accomplish is a great step forward.

Wrap-up Activity:

At the end of the month, let your mentee share one goal they're proud of completing. Celebrate their accomplishments and encourage them to keep setting new goals!

Goal Setting Jar Instructions for Middle-High School Students

Goal: Create a Goal Setting Jar to help set, track, and reflect on both short-term and long-term goals.

Materials Needed:

- Mason jar or any container with a lid
- Colored paper or index cards
- Markers or pens
- Sticky notes (optional)
- Stickers, washi tape, or any decorations

Steps:

1. Decorate Your Jar

- Have your mentee personalize their jar with stickers, positive phrases, or a label like “Goal Jar” or “Dream Jar.” Encourage them to make it unique and visually motivating.

2. Reflect on Your Goals

- Ask your mentee to brainstorm short-term and long-term goals. Some categories could include academics, health, hobbies, friendships, or future dreams. Short-term goals could be “Finish my project by Friday,” while long-term goals might be “Learn a new language” or “Get into a specific college.”

3. Write SMART Goals on Paper Strips

- Cut the paper or index cards into strips. On each strip, your mentee should write one goal, making sure each is SMART (Specific, Measurable, Achievable, Relevant, and Time-bound).

4. Add Action Steps (Optional)

- For larger goals, encourage your mentee to write a small action step on the back of the paper strip. For example, if the goal is “Improve in math,” the action step could be “Study math for 20 minutes each night.”

5. Organize Goals in the Jar

- your mentee can organize the goals into different sections within the jar if they like—using colors for short-term vs. long-term, or different categories like “School,” “Personal,” or “Health.”

6. Pick and Track Goals Weekly

- Each week, your mentee can draw one or more goals from the jar to focus on. They should track their progress in a notebook or on sticky notes attached to the jar. When they accomplish a goal, they can celebrate or reward themselves.

7. Reflect and Refill

- At the end of each month, encourage your mentee to reflect on their completed goals and refill the jar with new ones. This keeps them motivated and focused on continuous improvement.

Wrap-up Activity:

Ask your mentee to share one goal they achieved and explain how they accomplished it. This will inspire others and reinforce the importance of steady progress!

Goal Setting Bingo for Elementary School Mentees

Goal: Play Goal Setting Bingo to practice setting and achieving small goals!

Materials Needed:

- Bingo cards with goal squares (template provided)
- Markers or crayons
- Stickers or small tokens (to mark off completed squares)
- Small prizes for BINGO winners (optional)

Instructions:

1. Prepare Your Bingo Card

- Give your mentee a Bingo card. Each square should contain a small, achievable goal like:
 - “Read for 10 minutes”
 - “Help a friend or family member”
 - “Try something new in class”
 - “Draw a picture for someone”
 - “Practice counting to 50”
- Each goal should be simple enough for your mentee to complete independently or with little help. If possible, give each mentee a slightly different card to keep the activity unique!

2. Set the Rules

- Explain that when they complete a goal, they can mark off the square by coloring it in, placing a sticker, or putting a token on it.
- To win, they need to complete five goals in a row (horizontal, vertical, or diagonal) to get a “BINGO!”

3. Get Started and Track Progress

- Encourage them to pick one square at a time to complete. Tell them that every time they finish a goal, they’re building good habits and moving closer to “BINGO!”
- Let them know they can check in with you to celebrate when they mark off a square and share what they did.

4. Celebrate Small Wins

- For every “BINGO,” give them a small reward or let them choose a prize, if available. It could be a fun sticker, a high-five, or even a small treat!

5. Play Again and Set New Goals

- After they complete their Bingo card, encourage them to try a new one with different goals or challenge them to complete a full card. This helps keep goal-setting fun and encourages them to continue building good habits.

Wrap-up: At the end of the month, talk to your mentee about the goals they enjoyed the most and the ones they found challenging. Help them reflect on what they learned, and let them share one goal they want to keep working on in the future.

B	I	N	G	O

Goal Setting Activity: Picture of Future Self (ES)

Goal: Help your mentee visualize their future and set goals by creating a drawing of what they imagine their “Future Self” to look like. This fun activity supports goal-setting in an engaging, age-appropriate way.

Materials Needed:

- Large sheets of drawing paper or construction paper
- Markers, crayons, or colored pencils
- Optional: Stickers, glitter, or other decorations

Instructions:

1. Prompt Mentees to Imagine Their Future

- Begin by asking your mentee to close their eyes and think about their future. Help them imagine who they want to be by asking questions like:
 - “What activities will you enjoy?”
 - “What will you be really good at?”
 - “Where will you live, and who might be with you?”
- Encourage your mentee to think of their future selves as people who have learned, grown, and are working on things they enjoy and value.

2. Guide Mentees in Drawing Their Future Self

- Ask them to draw a picture of themselves as they imagine their future. Encourage them to include details that show their goals:
 - For example, if a mentee wants to be a teacher, they could draw themselves in a classroom.
 - If a mentee hopes to become an artist, suggest they draw themselves creating art.
 - If they aim to be strong or athletic, they might depict themselves participating in their favorite sport or activity.

3. Add Goal Details Around the Picture

- Have them write or draw additional goals around the portrait. These can be words or simple phrases, such as “I will be kind to others,” “I will learn to play an instrument,” or “I will read more books.”
- Suggest they use stickers, colors, or other decorations to make their picture unique and vibrant.

4. Encourage Sharing and Displaying Their Work

- Invite your mentee to share their pictures with their mentor, family, or classmates. Displaying their drawing at home or in the classroom can serve as a motivational reminder of their goals.

5. Plan for Regular Check-ins

- As a mentor, check in on their goals periodically to reinforce progress and provide support as they move closer to achieving their dreams. Small discussions can help them celebrate milestones, no matter how small, and keep them engaged with their future goals.

Wrap-up: After they finish, ask your mentee to share one part of their picture they're excited about. This will help them feel proud of their goals and provide a sense of accomplishment, giving them motivation to work toward their vision of the future.

Goal Setting Activity: Letter to Future Self (MS/HS Mentees)

Goal: Help your mentee reflect on their current goals, envision their future, and create a meaningful message to their future self that they can revisit later.

Materials Needed:

- Paper or stationery
- Envelopes
- Pens or pencils
- Optional: Stickers, markers, or decorations for personalization

Instructions:

1. Prompt Mentees to Envision Their Future

- Begin by guiding your mentee to close their eyes and think about their future, imagining who they want to become in one, five, or even ten years. Provide them with reflection prompts such as:
 - “What are some goals you’d like to achieve?”
 - “What are you most passionate about now, and do you see that in your future?”
 - “What challenges might you overcome to reach your dreams?”
- These prompts will help them identify both specific goals and the values they hope to develop as they grow.

2. Guide Mentees in Writing Their Letter

- Encourage them to begin with “Dear Future Me” and start by describing who they are now. Ask them to think about:
 - Their current goals, interests, and challenges
 - Specific dreams they want to achieve, like doing well in a certain subject, building strong friendships, learning a new skill, or pursuing a particular career path
- Help them understand that they’re creating a snapshot of themselves as they are now, which will serve as a meaningful reflection when they read it later.

3. Support Them in Setting Actionable Goals

- Encourage your mentee to identify 2–3 specific, actionable steps they can start working on right now to move closer to their goals. For example:
 - “I will study 20 minutes extra each day to improve my grades.”
 - “I’ll practice drawing every week to become better at art.”
- Remind them that these small actions will help them progress and make it easier to reach their bigger dreams.

4. Encourage Mentees to Include Encouragement and Advice

- Ask your mentee to include words of encouragement or advice to their future selves, such as, “Remember how hard you worked to get here,” or “Keep going, even if it’s hard.”
- This section of the letter can act as a motivational message that reminds them of their resilience and perseverance.

5. Seal and Save the Letter

- When the letter is complete, have them place it in an envelope, seal it, and write “To Future Me – [Date]” on the front. Help them decide on a date for opening the letter—this could be in one year, at graduation, or another milestone.
- Set up a reminder or make a note in a shared space so that they remember to read their letter on the chosen date.

6. Plan for Reflection and Goal Check-ins

- As their mentor, consider scheduling occasional check-ins to discuss their goals. This will reinforce their commitment and keep them motivated, even as their dreams and priorities evolve over time.

Wrap-up: After finishing, ask your mentee to share one goal they’re excited about working on right now. This reflection exercise can build pride in their current efforts and instill excitement for the future, giving them a meaningful way to track their growth over time.

