

Write a Goal-Setting Letter to Yourself

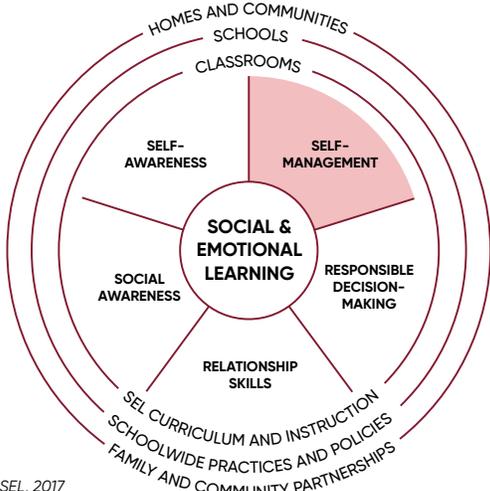
Teacher's Edition • Grades: 4–8 • Length: 45 minutes

OBJECTIVES

In this lesson, students will:

- Participate in an activity to develop self-management skills
- Write a letter to set and work toward a personal or academic goal
- Share out their letter

Featured Social-Emotional Learning Competencies:
Self-Management



Credit: CASEL, 2017

VOCABULARY

SOCIAL EMOTIONAL LEARNING TERMS

Goal-Setting: the process of identifying something you want to do and setting achievable milestones toward accomplishing it

Self-Discipline: the ability to control one's feelings and actions in service of a larger purpose or goal

Self-Motivation: the ability to undertake a task without someone else reminding or monitoring you

Organizational Skills: abilities used to manage one's workload, time, and resources, and set priorities for accomplishing tasks

WORDS TO KNOW

Achieve: to succeed in accomplishing something

Remote: located in a far or difficult to reach area

Perspective: a outlook or mental view of a topic or of a place

SET-UP

Introduce and watch "Fearless Kids Around the World | Solomon Cameron" video.

Today, Carmen Sandiego™ introduces us to this episode's fearless kid, Solomon Cameron, from Australia. Australia is a country in the Southern Hemisphere, and it is sometimes known as "down under." The world's 6th largest country by area, it has many diverse ecosystems, including a central desert region called the Outback, as well as many beaches and cities. It's also home to some unique species of animals, like koala bears and kangaroos. Solomon is a teen who lives in Australia and is passionate about flying airplanes. At 12, he saved up money to purchase a flying lesson, and he hasn't stopped since. He's even flown over the entire coastline of Australia solo!



At age 15, Solomon broke the record to become the youngest pilot to fly solo around Australia and also helped raise money and awareness for an organization called Angel Flight. Angel Flight is an organization that helps people reach doctors and hospitals. As a member of Angel Flight, Solomon flies people who live in parts of Australia without hospitals or doctors to a place where they can access the healthcare they need. And he does it doing something he truly enjoys. Is there something you feel passionate about that you could do to support a cause you believe in?

LEARN

Talk through the video as a group, gradually introducing social-emotional learning concepts and terms the video explores. Consider asking the following questions:

- **Why is Australia a special place?**
E.g., It's a large country with many ecosystems; it has beaches, deserts and cities; it has koala bears and kangaroos.
- **What was Solomon's goal as a child?**
E.g., He wanted to fly; he wanted to become a pilot.
- **How did he achieve his goal?**
E.g., He saved money for flying lessons; he washed planes and did chores to pay for lessons; he logged enough hours training to fly solo.
- **How does Solomon use his talents today?**
E.g., He flew around the coast of Australia raising money for Angel Flight.
- **Is there something that you are very motivated to try? What steps could you take to reach your goal?**
E.g., I want to learn to speak another language; I want to get a B (or higher!) average on my report card; I want to start a group to help others, etc.

WORKING PERIOD

Now students will write a letter to set a goal.

Students will apply what they have learned about self-management.

Introduce project.

You learned about how someone pursued a passion, set challenging goals for himself, and used his skill to help people around his country.

What is something you've always wanted to do? Using the worksheet as guidance, write a letter to your future self about this goal and why you feel so passionate about it. Your goal should be concrete, realistic, and specific as possible. Next, explain what you plan to do in the next three months to help achieve this goal. Place your letter in an envelope and seal it. In three months, take a look at that letter and see how close you have come to meeting your goals.

SHARE-OUT

Close the lesson by bringing the class back together as a group to share their work and celebrate their ideas.

- Students will share their goals with the class.
- Students with similar goals can discuss strategies for achieving them.

SUPPORT/EXTEND

SUPPORT

Create a Template

If students are struggling to organize their letters, display a template with prompts, examples, or sentence stems for them to follow.

Create Goal Categories

If students are struggling to come up with goals, provide categories such as: things you hope to learn; skills you hope to acquire, people you hope to meet; etc.

EXTEND

Create Community Goals

Have students work in groups to identify goals for the school or community. Then ask them to break down the task into smaller goals and milestones they hope to reach. Have students draw a timeline and organize their goals chronologically.

Research Service Opportunities

Ask students to research different ways they can use their passions to help or serve others. Have them share their ideas with the class.

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