

# CENTER FOR SAFE SCHOOLS AND COMMUNITIES PEACE4KIDS AND FAMILIES PROGRAM



## The Character Kids Goal Setting Activities 2008



450 Tynan Court  
Erie, CO 80516  
P: 303.828.9733  
F: 303.828.4589

[www.centerforsafeschools.org](http://www.centerforsafeschools.org)

## Notes to the Teacher:

This is a collection of goal setting sheets using the Character Kids from the Peace4kids Program. There are all kinds of uses you can make of these characters.

We will be working on skits, puppets and music using these character kids.



## Let's Reach Our Goal with the help of Co & Op !

First, set a goal that requires you to cooperate with someone or a group. Write your goal here:

I will \_\_\_\_\_.  
by this date \_\_\_\_\_.

Please check to see if you followed the best ways to set activities to support your goal. Here they are:

1. Did you want to do this activity?  
\_\_\_\_\_

2. Is it easy to do by the time you set?  
\_\_\_\_\_

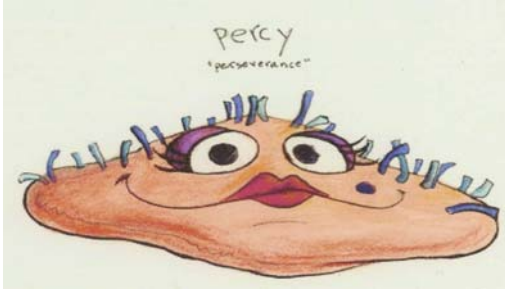
3. Can you measure that you did your goal?  
\_\_\_\_\_

How did you do on your activity this time?

Great \_\_\_\_\_ Okay \_\_\_\_\_ Need to do better \_\_\_\_\_

How can you improve next time? \_\_\_\_\_ ?

How can Co & Op help you do better with cooperation goals? \_\_\_\_\_ ?



## Let's Set Our Goal with the help of Percy Perseverance!

First, decide on your goal that will require you to show perseverance. Write it in this space:

I will \_\_\_\_\_.  
by this date \_\_\_\_\_.

Please check to see if you followed the best ways to set goals. Here they are:

1. Did you want to do this goal? \_\_\_\_\_
2. Is it easy to do by the time you set? \_\_\_\_\_
3. Can you measure that you did your goal? \_\_\_\_\_

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How did you do on your goal this time?

Great \_\_\_\_\_ Okay \_\_\_\_\_ Need to do better \_\_\_\_\_

How can you improve next time? \_\_\_\_\_?

How can Percy help you do better setting goals? \_\_\_\_\_?



# Hans Humanity Helps you set a goal to help others

Who	Goal	Plan to Achieve this Goal
1.		
2.		
3.		
4.		
5.		
6.		

1. What are some you could help another person to show humanity.

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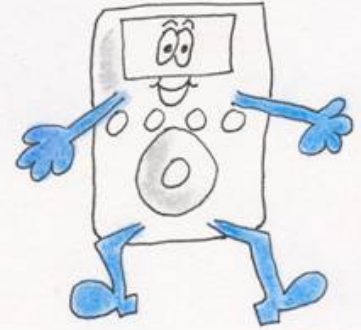
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2. What did you notice when you tried to help someone else? Draw or write what happened here.

# Sir Self Control Says "Keep Yourself in Check"



Dream big and write one goal you would like to see yourself do in order to develop more self control. Draw a picture of something that represents this goal in the picture frame below. Now write one behavior or skill you will need to use or learn in order to make this happen.

My self control goal in words.

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One behavior I will need to accomplish this goal.

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A Self Portrait Showing the Calm, Together Me

# Liu the Lion Says Set a Goal for Courage



My Courage Goal

I will set a goal for next week. My goal is

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Liu tells you to check to see if you have gone through the right steps to set your goal. Look at your goal. Is your goal

1. Easy to do by next week?

\_\_\_\_\_   
Yes

\_\_\_\_\_   
No

2. Do you want to do this?

\_\_\_\_\_   
Yes

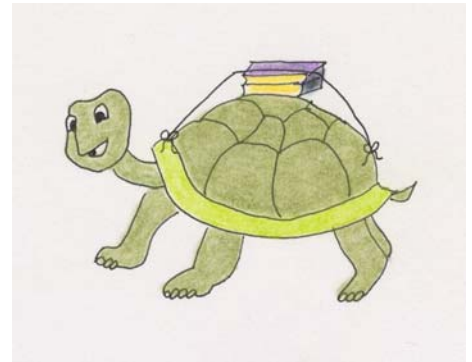
\_\_\_\_\_   
No

3. Can you tell if you did it?

\_\_\_\_\_   
Yes

\_\_\_\_\_   
No

Pete Patience says  
"Take your time and do your  
best"



Set a goal that will help you be patient:

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Set a realistic date to reach your goal:

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How can patience be used to reach my goal?

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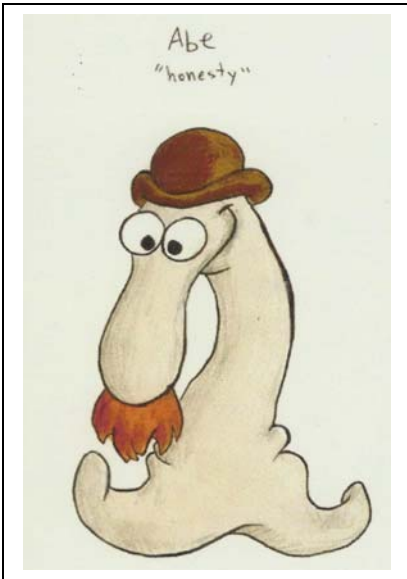
Who do you know that will support you while you  
are achieving your goal?

(family/teacher/friend)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I achieved my goal on \_\_\_\_\_.





# Honest Abe says

Be true to yourself

## Set Honest Goals

Set a goal that you can achieve within the next week.  
Write that goal here:

I will \_\_\_\_\_.

Check to make sure that your goal follows these rules:

1. Is your goal something you do easily? \_\_\_\_\_
2. Do you want to do this? \_\_\_\_\_
3. Is the goal written in a positive way? \_\_\_\_\_
4. Can you count that you did your goal? \_\_\_\_\_

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How can you use positive self talk to help you achieve your goal?

I can say \_\_\_\_\_ to myself.

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How did I do on this goal?

Not that great \_\_\_\_\_ Okay \_\_\_\_\_ Did a good job \_\_\_\_\_ Super job \_\_\_\_\_

# Sam Service Says:

"Let's set a service goal"



List the people you know that could use some help with a task:

\*Some good examples are teachers, parents, neighbors, grandparents or elderly people in the area.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Write down your goal of how many services you would like to perform in a month:

\_\_\_\_\_.

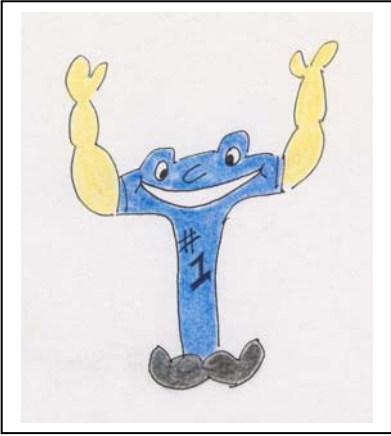
Use the form below to track the services you perform:

Person's Name	Task	Date Completed

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How did I do on this goal?

Not that great \_\_\_\_\_ Okay \_\_\_\_\_ Did a good job \_\_\_\_\_ Super job \_\_\_\_\_



## Garbis Goal Say's:

"Picture yourself accomplishing your goal"

### Activity #1

List your goals stating them as if you have already accomplished them.

Ex: I am proud of myself for achieving the top 10% of my class academically.

Goal #1:

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Goal #2

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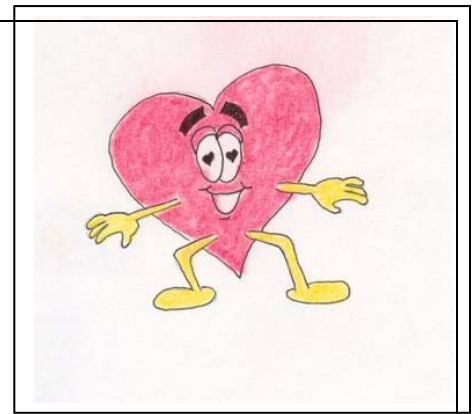
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### Activity #2

Make a collage or draw a picture of your goal already have been reached. Post it where you can see it every day. Using a piece of red construction will make your goal board even more visually appealing because the color is bold and easy to see!

Great Idea: Invite friends over to do goal boards together and help each other stay motivated!

Carlo's Caring say's :  
"Care about setting long term goals ~  
plan them for the whole year"



## Goal Planning Sheet

Main Goal: (ex: Running a 20 mile marathon)

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January:

I will \_\_\_\_\_

February

I will \_\_\_\_\_

March

I will \_\_\_\_\_

April

I will \_\_\_\_\_

May

I will \_\_\_\_\_

June

I will \_\_\_\_\_

July

I will \_\_\_\_\_

August

I will \_\_\_\_\_

September

I will \_\_\_\_\_

October

I will \_\_\_\_\_

November

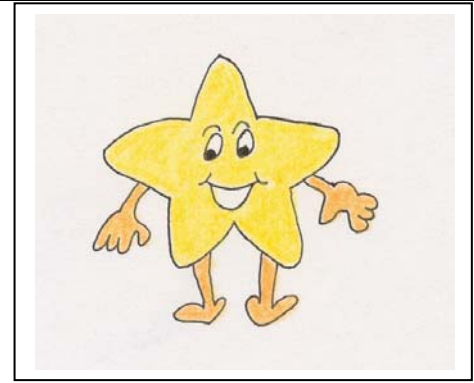
I will \_\_\_\_\_

December

I will \_\_\_\_\_

Ian Integrity say"s:

"Use integrity when you are setting your goals"



**How can I use integrity to reach my own goals?**

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**What can I do using integrity to help another person reach their goals?**

(ex: calling them weekly, giving them encouragement etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

**What was the outcome? What happened as a result?**

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**What would have happened if you would not have offered help to another person?**

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# The Count

Say's "take responsibility for your goals"

List things you are responsible throughout your day:

Morning:

I am responsible for: \_\_\_\_\_

Afternoon:

I am responsible for: \_\_\_\_\_

Evening:

I am responsible for: \_\_\_\_\_

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How can I improve on being a responsible person?

Circle the ways that might apply to your personal situation:

Taking care of my pets

Caring for a Grandparent

Part-time job

School activities

Sports

Study Group

Babysitting

Chores at home



Pick two of the areas above and write down ways you can improve how responsible you are in completing the task:

What is the Task

How can I Improve

1. \_\_\_\_\_

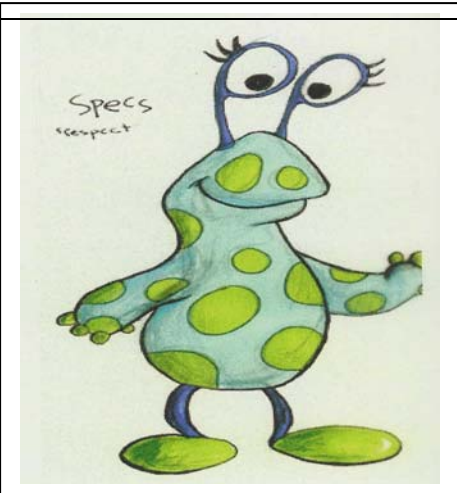
\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

**Shaunda Specs** say's

"Set a goal that you are proud of and want to share with others"



My goal is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Activities I will do to achieve my goal:

- 1.
- 2.
- 3.

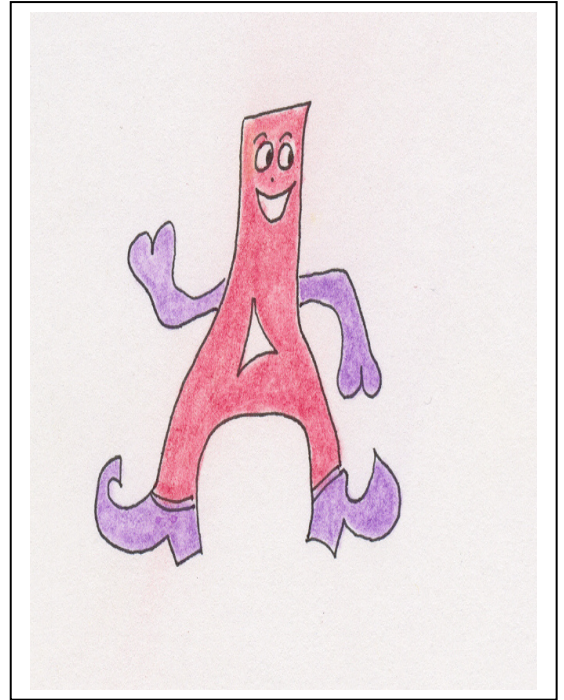
Activity Log in Chart

Date	Activity I did to get closer to my goal		

## Sir Self-Esteem say's:

"Keep your goals realistic so they are achievable"

1. Is your goal realistic?
2. Is your target date attainable?
3. Is your goal desirable?



My goal is:

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My date to reach my goal is:

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Why do I want to achieve my goal?

- 1.
- 2.
- 3.



# Gratitude should be an ongoing goal!

## Garbis Gratitude say's:

"Make it a goal to practice showing gratitude on a regular basis"



Here are some ways you can show grat

1. Say "Thank you"
2. Write a thank you note
3. Call someone on the phone and tell them you appreciate what they did for you
4. Buy a small gift
5. Make them a small gift or card
6. Offer to do something nice for them
7. Send flowers
8. Draw or paint a picture

I have shown gratitude this week by:

### Week one:

What I am showing gratitude for \_\_\_\_\_

What I did to show gratitude \_\_\_\_\_

### Week two:

What I am showing gratitude for \_\_\_\_\_

What I did to show gratitude \_\_\_\_\_

### Week three:

What I am showing gratitude for \_\_\_\_\_

What I did to show gratitude \_\_\_\_\_

### Week four:

What I am showing gratitude for \_\_\_\_\_

What I did to show gratitude \_\_\_\_\_

# The Character Kids Can Help you Achieve Goals!

Each one of the Character Kids can help you with your goal setting. They work together like in self esteem and goal setting or separately.

One of the most important things you can do in Life is to set and achieve goals. You will accomplish a lot of things and feel a lot of confidence that you have lived a useful life.

Just try it and see for yourself!