



SPRING BREAK GOAL SETTING



Introduction:

Spring break is an opportunity for you and your students to unwind and reset. Instead of book reports and essays, encourage them to focus on self-care by setting short-term goals with help from this printable.

Objective:

With this printable, students will learn how to create short-term goals they hope to accomplish during the week of Spring break.

Grade levels:

5-12

Directions:

1. Prior to Spring break, teach your students about short-term goals and provide some examples.
2. Then, print and distribute the sheet on the following page.
3. Lastly, ask your students to create a list of 5 short-term, attainable goals they'd like to achieve during their time off on the provided sheet.



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NAME

DATE

Create a list of short-term, attainable goals that you'd like to achieve during your Spring break. A short-term goal is a task you can achieve in the near future. For each goal you achieve, write down the date it was accomplished.

If you were unable to accomplish a goal, explain what prevented you from reaching it and how you think you can accomplish it at a later date.

GOAL:

DATE ACHIEVED:

1.

2.

3.

4.

5.