

setting goals

A Character Education Lesson Plan for Educators and Parents
based on the book ***Kick Block Punch***

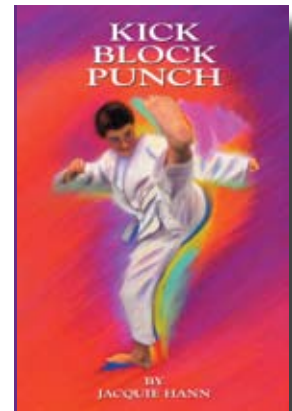
Recommended for 1st - 3rd grade students



What to Teach

Story Overview

Sam arrives at his first karate class all ready to receive his black belt. To his surprise, there is a great deal to learn about karate, and many other belts to earn before he attains the rank of black belt. Sam realizes that he will have to work hard to achieve his goal. He changes his attitude, starts to practice every day, and takes steps to achieve his goal.



The Meaning of Setting Goals and Patience

Setting a goal means figuring out what you want to do and what actions you must take to achieve it. **Patience** is the ability to accept slow progress and to persist, in spite of difficulty, toward a goal.

Visualizing Success

One of the best ways to help yourself reach a goal is to picture yourself achieving it. Ask students to form a picture in their minds, and imagine making a goal to win a soccer game, getting an “A” on math homework, or learning to do something that is difficult. Ask students to draw a picture of themselves achieving a goal. Tell students to take their pictures home and put them in a place where they can see it every day. Having a visual reminder of a goal can help them achieve it.

Plan a Visit

There are Karate and Tae Kwon Do facilities in many communities, and most will be happy to arrange a demonstration for your classroom. Consult a local directory or the internet for an academy near you.

Ask Students

1. In the book, Sam realizes that working toward his karate black belt will take a lot of time—time each day to practice, and time to complete each level, or belt, on the way to the black belt. Is there something you want to do that will take a lot of time?
2. Sam has to give up some time he spends on other things, like playing with his friends, in order to practice his forms. Have you ever given up free play time to work on something, like a skill or a sport that is challenging?
3. The book doesn't tell us whether Sam's friends get their yellow belts when Sam does. If they didn't practice, do you think they received their yellow belts too?



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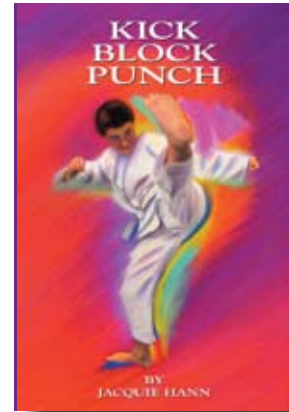
4. What other sports or skills can you think of that take time to learn to do well? (Riding a bicycle, ice skating, writing, drawing).

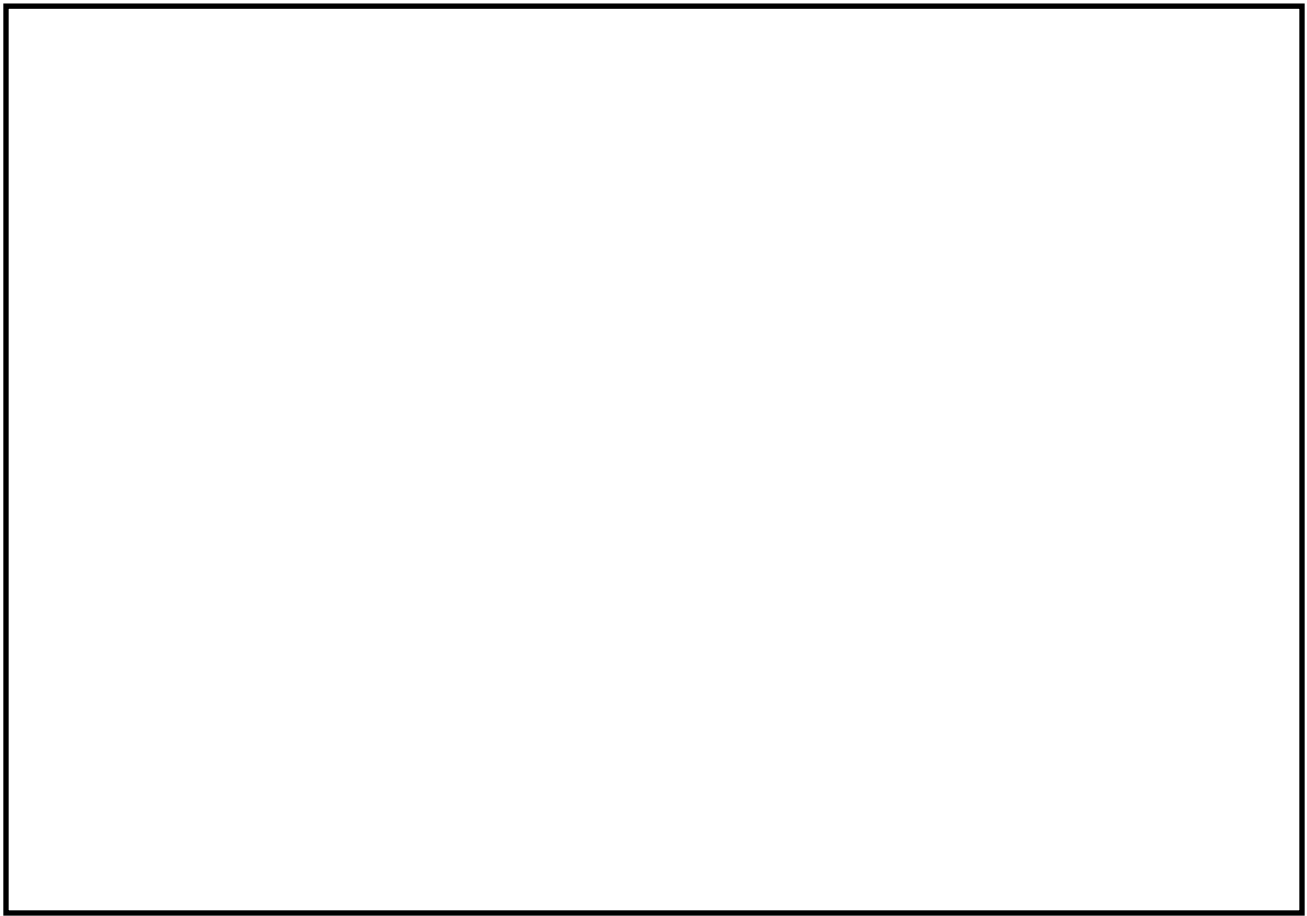
5. What is a goal you would like to achieve this year? Write down one thing you want to achieve.

6. What are the steps you will have to take to reach your goal? Write down some of the steps you will take.

7. What kind of attitude will help you reach your goal? Can you think of things that will keep you feeling positive along the way to reaching the goal?

8. Is there a person who will help you reach your goal? A teacher or coach or parent might be the person to help you.

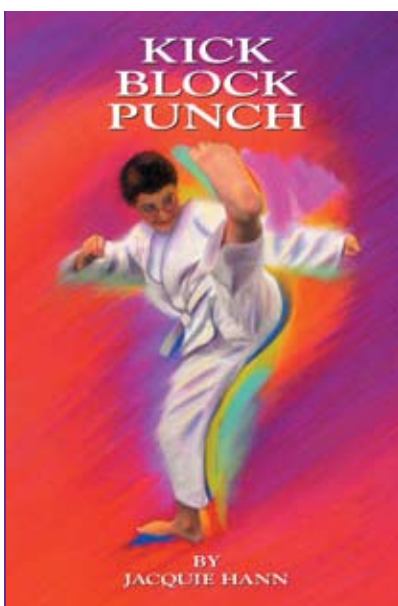




Draw a picture of yourself achieving a goal and put it in a place where you can see it every day. This will help you achieve your goal.

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Other Pretty Please Press Books with Character Education Lesson Plans

Pretty Please Press is proud to offer other downloadable lesson plans
for educators and parents:

Bella Basset Ballerina by Laura Aimee Garn

Pynx by Jeffrey Greene

The Scritchy Little Twitchell Sisters by Laura Aimee Garn

