

SMART Goal Setting Lessons

Give students the step by step process to set goals they'll achieve

SPECIFIC

ATTAINABLE

TIME-BASED

MEASURABLE

How can I tell that I
met my goal?
What can I track?

RELEVANT

Why do I want to
do this?

ork on this?
it take me?

Make Goal Setting a Lifelong Skill

This **5-lesson series** (15 minutes each) guides students **step by step through goal-setting**.

- ★ Works in whole class, small group, or individual work.
- ★ Minimal prep materials + easy to use teaching slides.
- ★ Builds executive function and self regulation skills.

What's Included

Five 15-minute lesson plans

SMART Goal Posters

Student Materials

- Brainstorming pages
- SMART goal practice
- Peer feedback forms
- SMART goal templates
- Goal planning pages

Teaching Slides with notes



Lesson 1: What's a Goal

Students explore different types of goals and start with a simple “I will” statement.

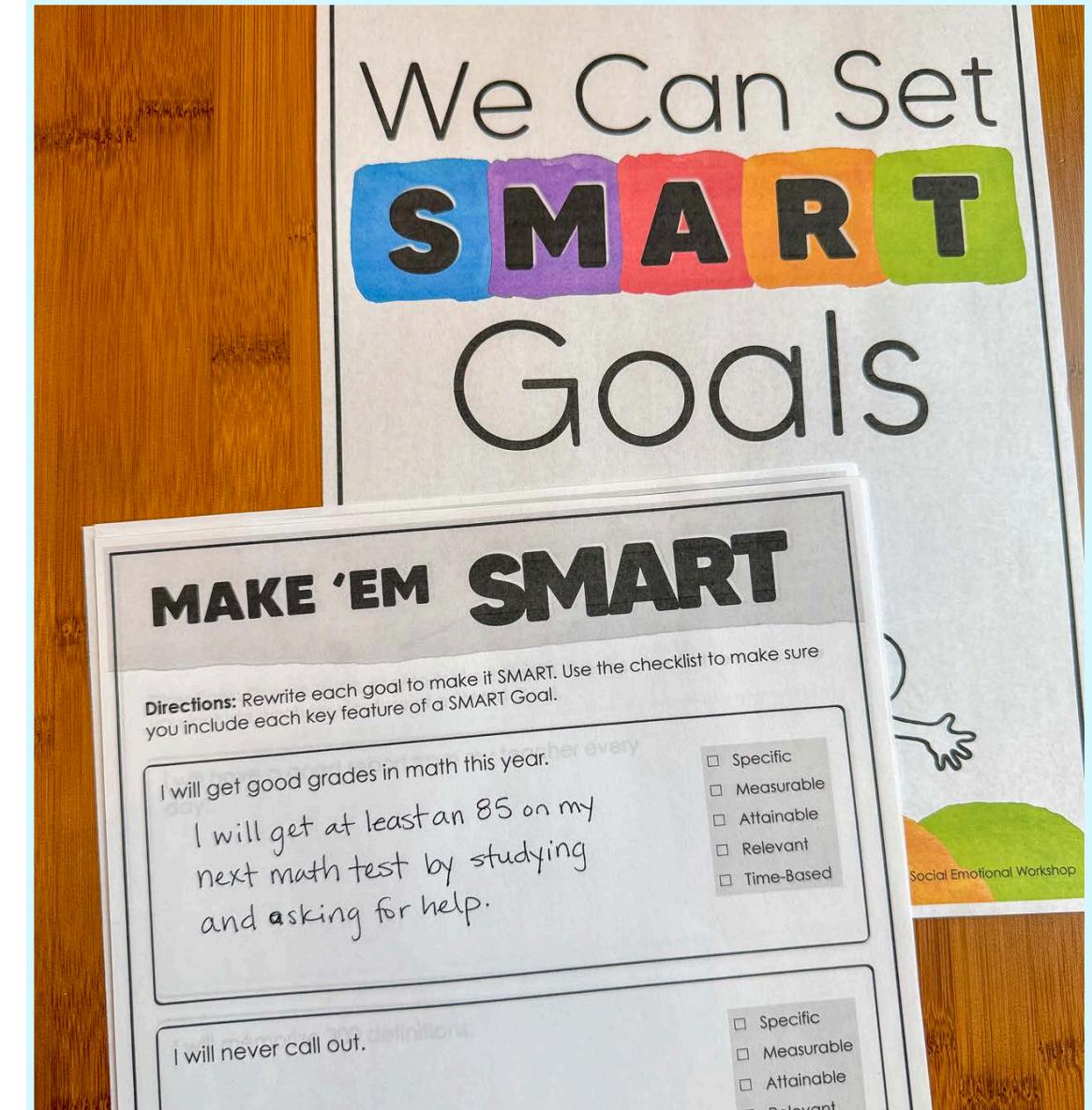
- Lesson plan + slides
- Goal type posters
- Things I could work on worksheet



Lesson 2: About SMART Goals

Students learn what SMART goals are using student-friendly language and practice evaluating whether example goals are SMART or not.

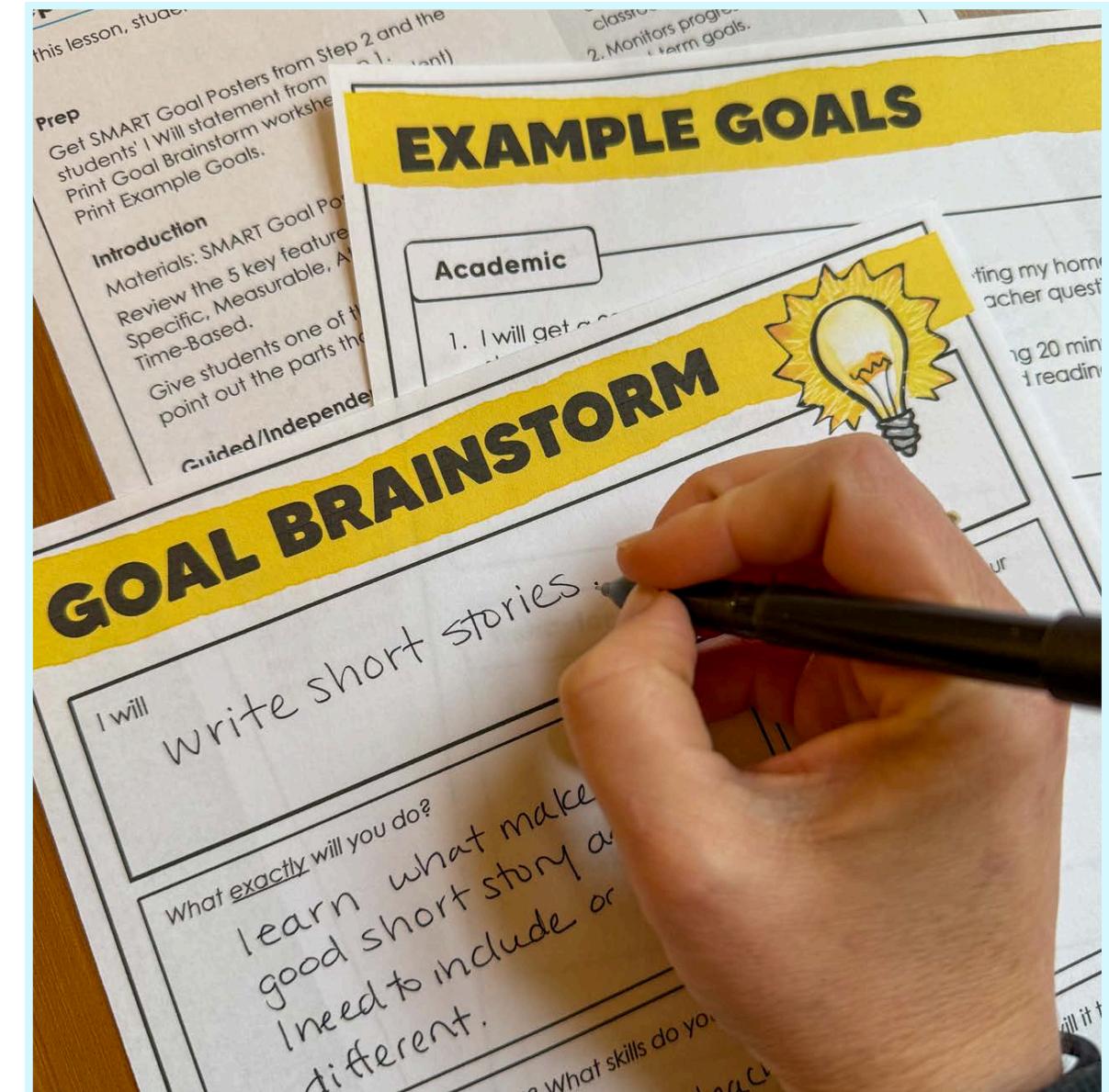
- Lesson plan + slides
- SMART goal posters
- SMART goal cards
- Make 'em SMART worksheets



Lesson 3: Draft Your Goal

Students use brainstorming worksheets and templates to write their own SMART goal with structured support.

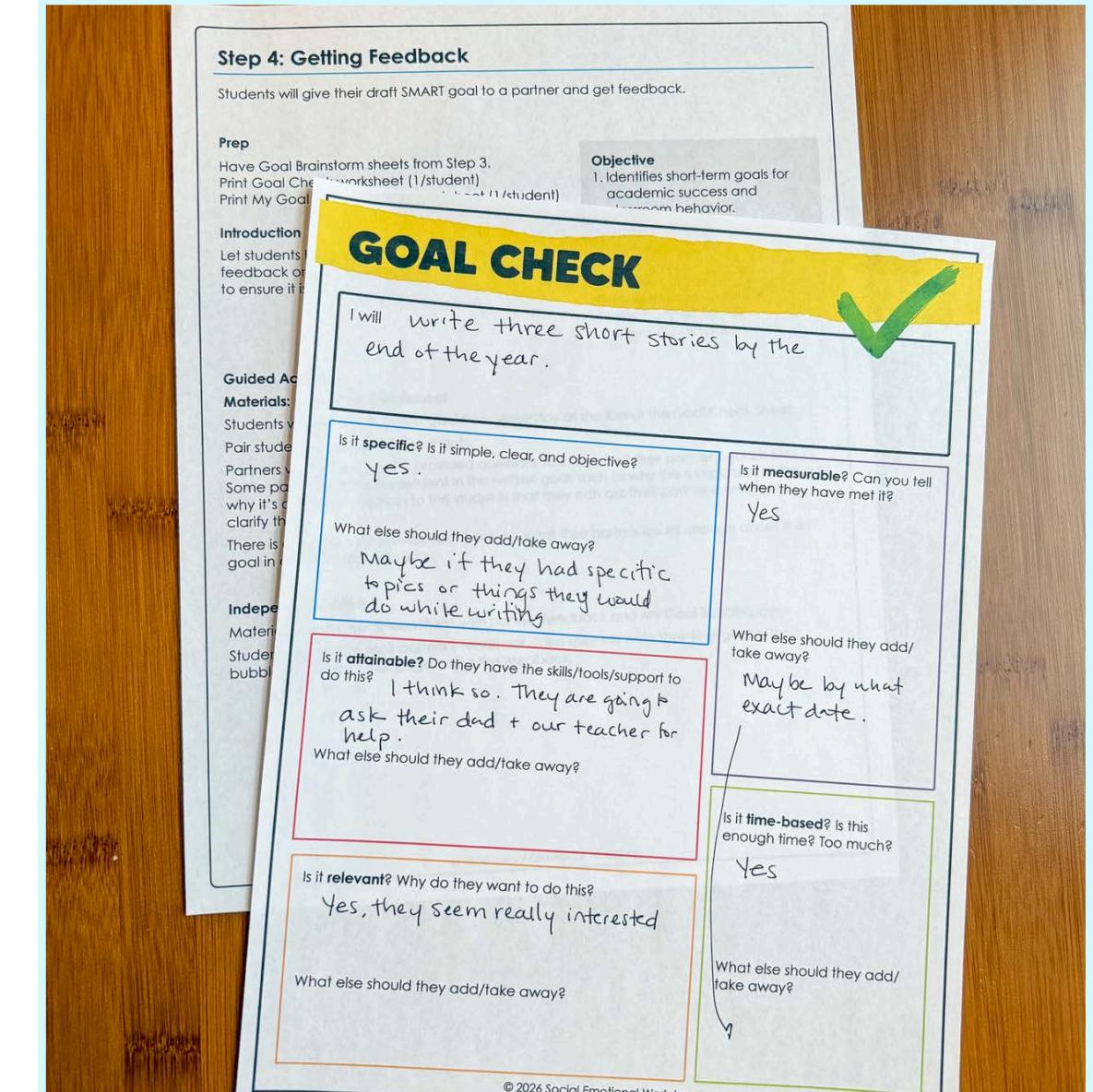
- Lesson plan + slides
- Goal brainstorm worksheet
- Example goals



Lesson 4: Peer Goal Check

Students give each other feedback using a structured tool, then revise their goals. This makes goal setting a true learning process, not just a one-time assignment.

- Lesson plan + slides
- Goal check worksheet
- My SMART Goal poster



Lesson 5: Make a Plan

Students break their big goal into mini-goals and create specific action steps. This is where goal setting becomes actionable.

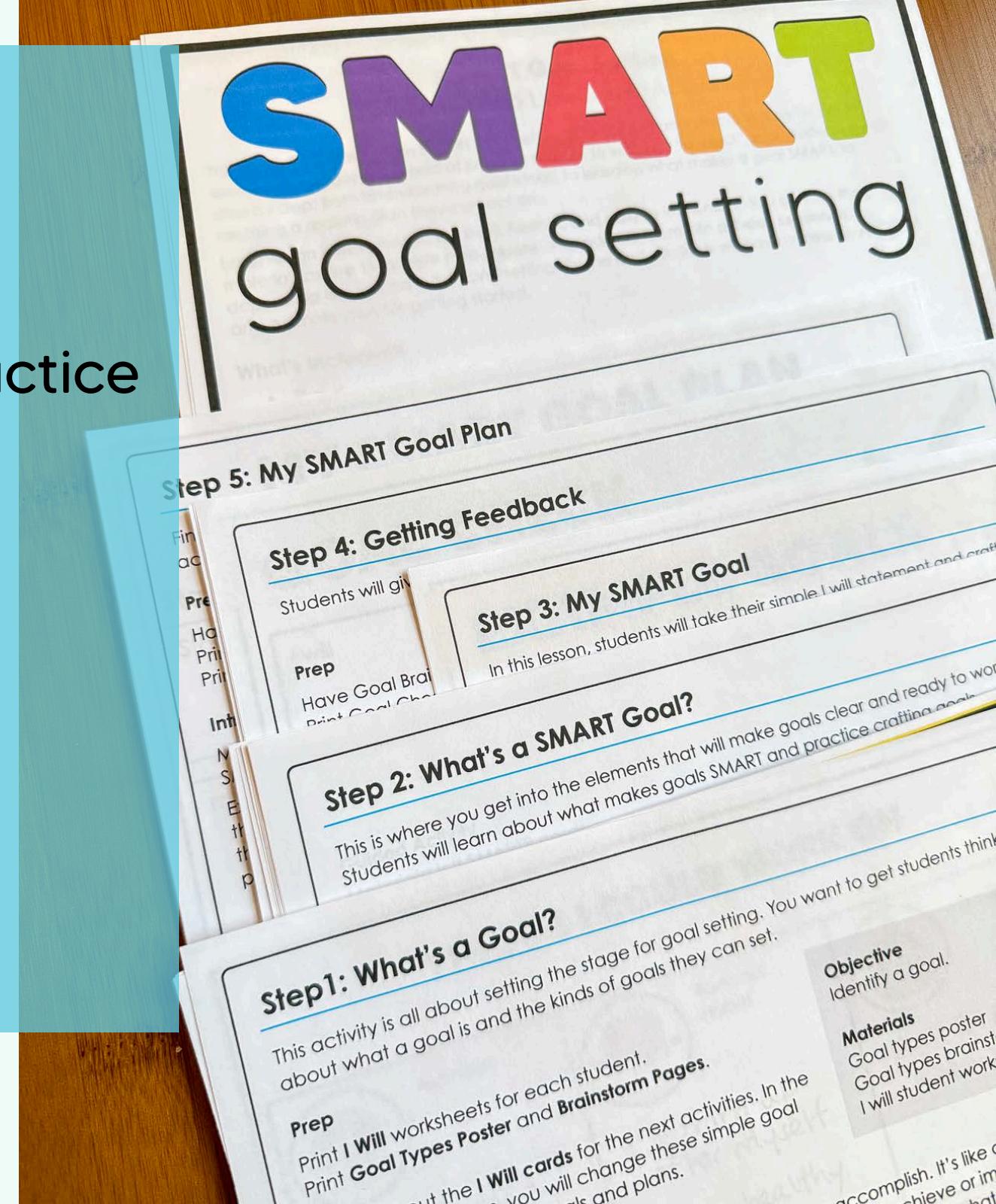
- Lesson plan + slides
- My SMART goal plan
- Self-reflection worksheet



Lesson Flow

- 1: Think about Goals and Brainstorm
- 2: Learn about SMART goals and practice
- 3: Draft a SMART Goal
- 4: Peer Feedback and Revise
- 5: Break Goal into Steps and Actions

Use as 5 quick lessons or
combine into 2-3 longer lessons.



Color & BW

Easy printing with color
and black line options

Teaching Slides

In Google Slides &
PowerPoint

MAKE 'EM S

Directions: Rewrite each goal to make it SMART

THINGS I COULD WORK

Activities Personal Habits

SELF REFLECTION

My Effort Brag-Worthy Changes to Make

Relationships

Learn Something

Things I Could Work On

In each category, write down one or two things you want to work on or improve.

Activities	Personal Habits	School
Learn To Do Something	Relationships	Other

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Beautify this slide

Saw: Now, you are going to think about what you might want to work on.

What You'll Love

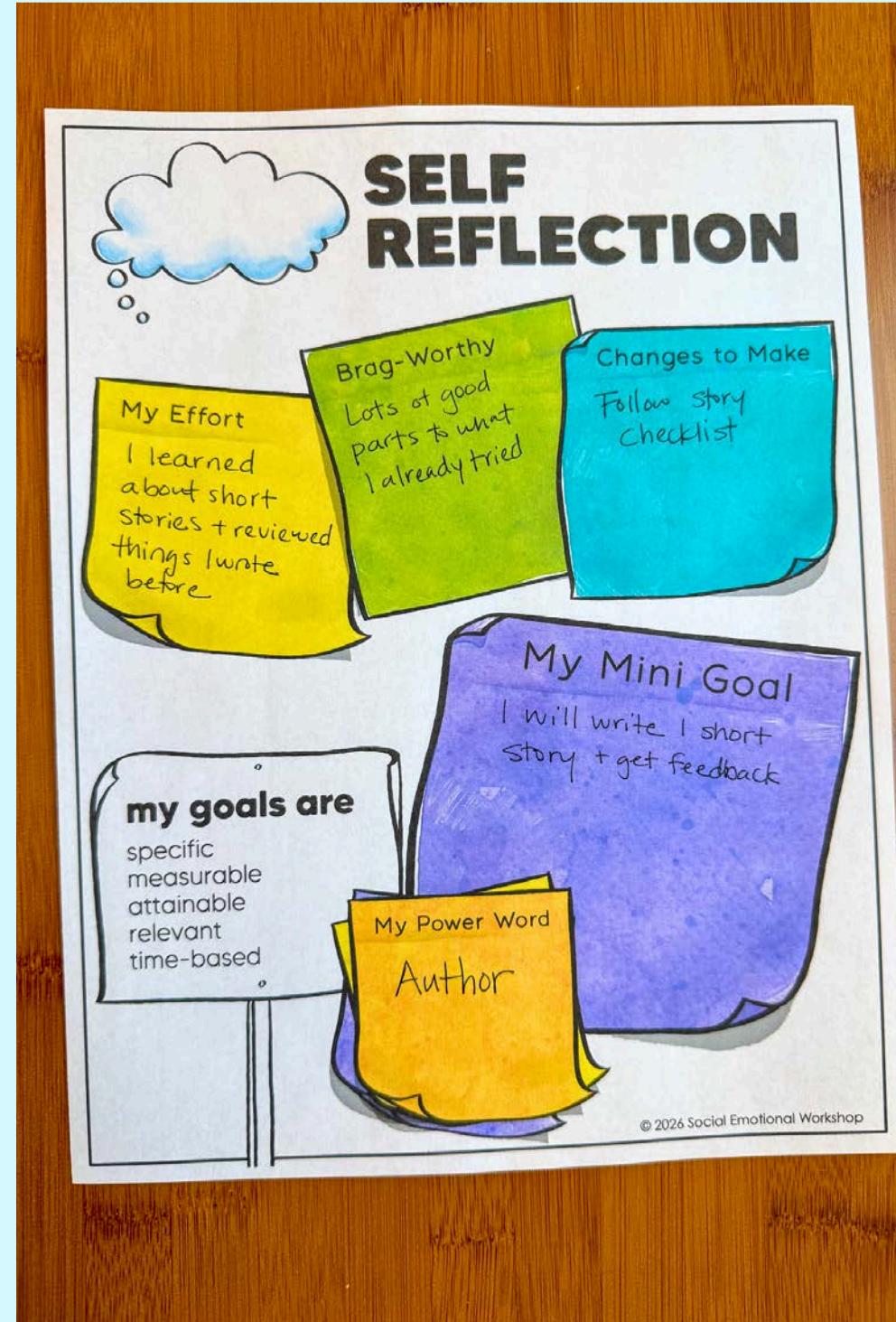
-  **Flexible:** Use as five quick lessons or combine into 2 longer lessons.
-  Effective learning experiences to help students **understand, practice, and apply** this new skill.
-  Focused on developing **goal-setting as a skill.**
-  **Teaching slides** to guide instruction with minimal prep.

Perfect for You If

You want goal setting to be more than just a filler activity.

You have students who struggle with motivation, planning, + follow-through.

You want something that will work across multiple settings.





How to Use



Classroom Lesson

Small Group Intervention

Individual Support

New Year or Semester Reset

Executive Functioning Support

Practical Details



Grade Level

3-7



Use with

whole class, small group, or individual students



File Format

PDF, Google Slides,
PowerPoint



AND

Five 15-minute lessons
Quick prep



Printing

color + bw

What Educators Are Saying

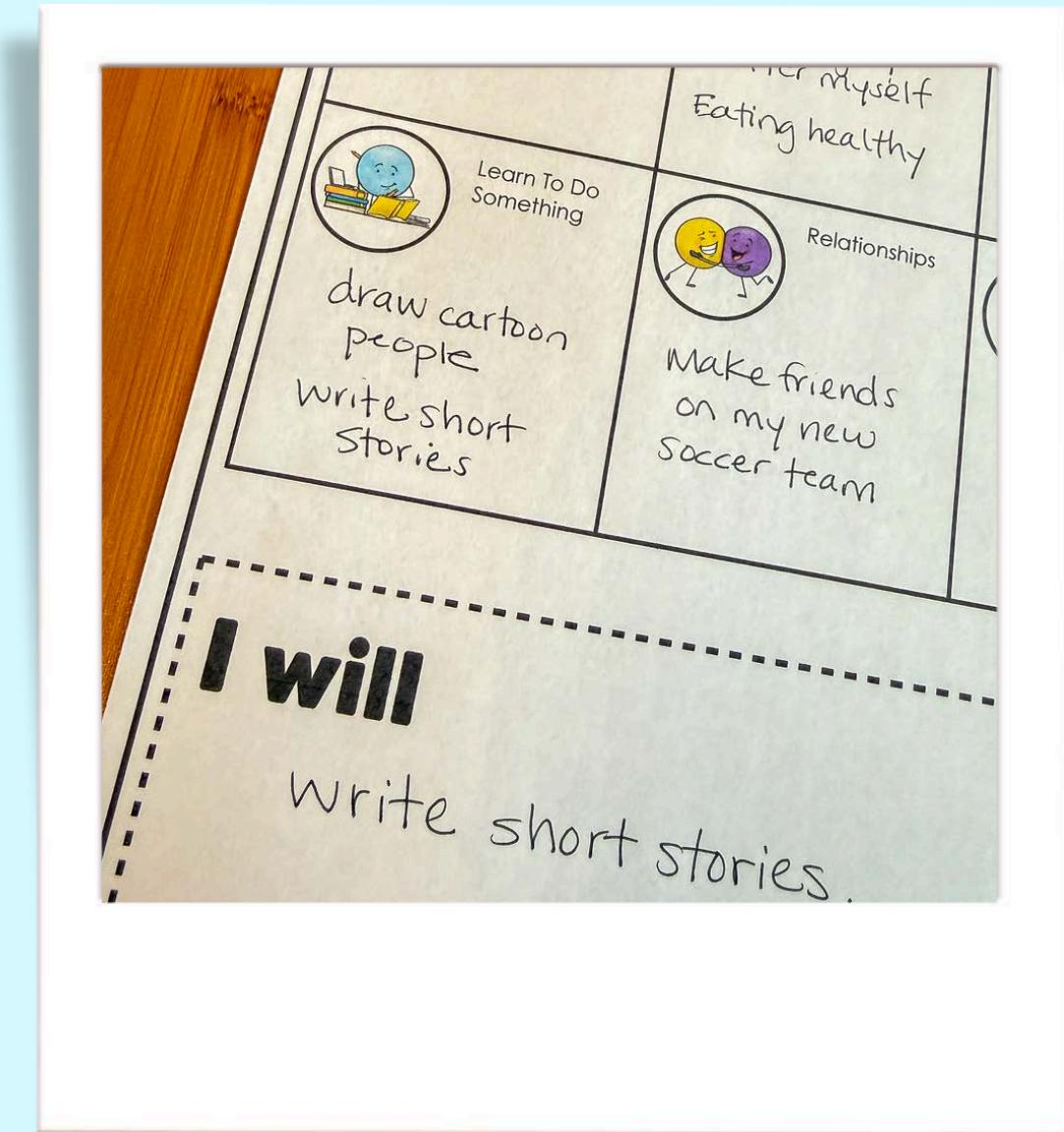


Easy to follow and very engaging for students - Francesca C.

My students loved it! - Taylor K.

Easy-to-use lessons - Jennifer R.

Great for helping students learn about goal setting - Carrie S.



YOU MIGHT ALSO LIKE

MOTIVATION SMALL GROUP

MOTIVATION
group counseling



engine starters
research-based + skill-focused

COUNSELING CHECK-INS

**COUNSELING
CHECK-INS**

- ★ build self-awareness
- ★ open communication
- ★ model empathy



Social Emotional Workshop

Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

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