

# 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?

How long will it take me?  
When will I work on this?

# 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.

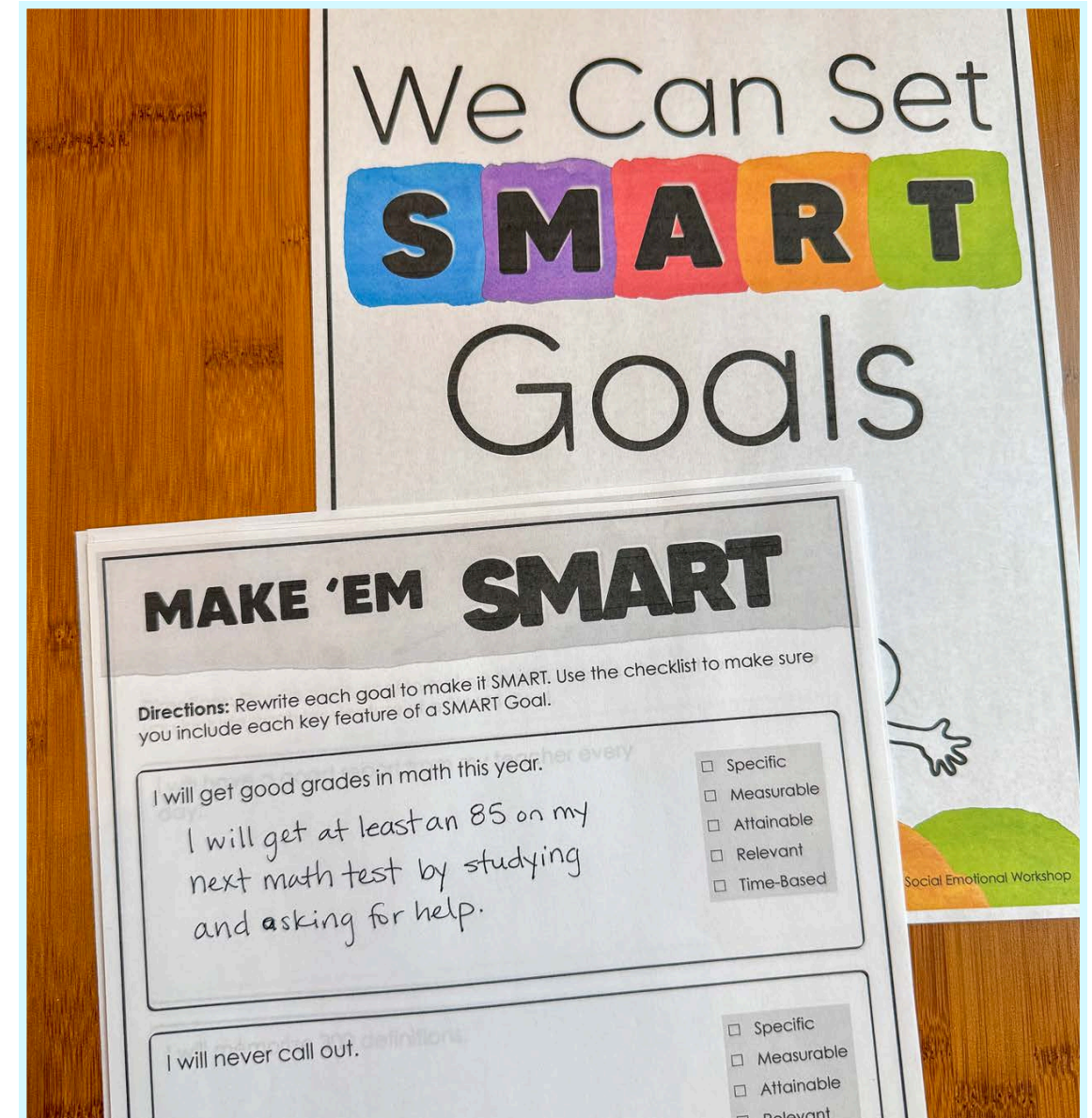
- Lesson plan + slides
- Goal type posters
- Things I could work on worksheet



# 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

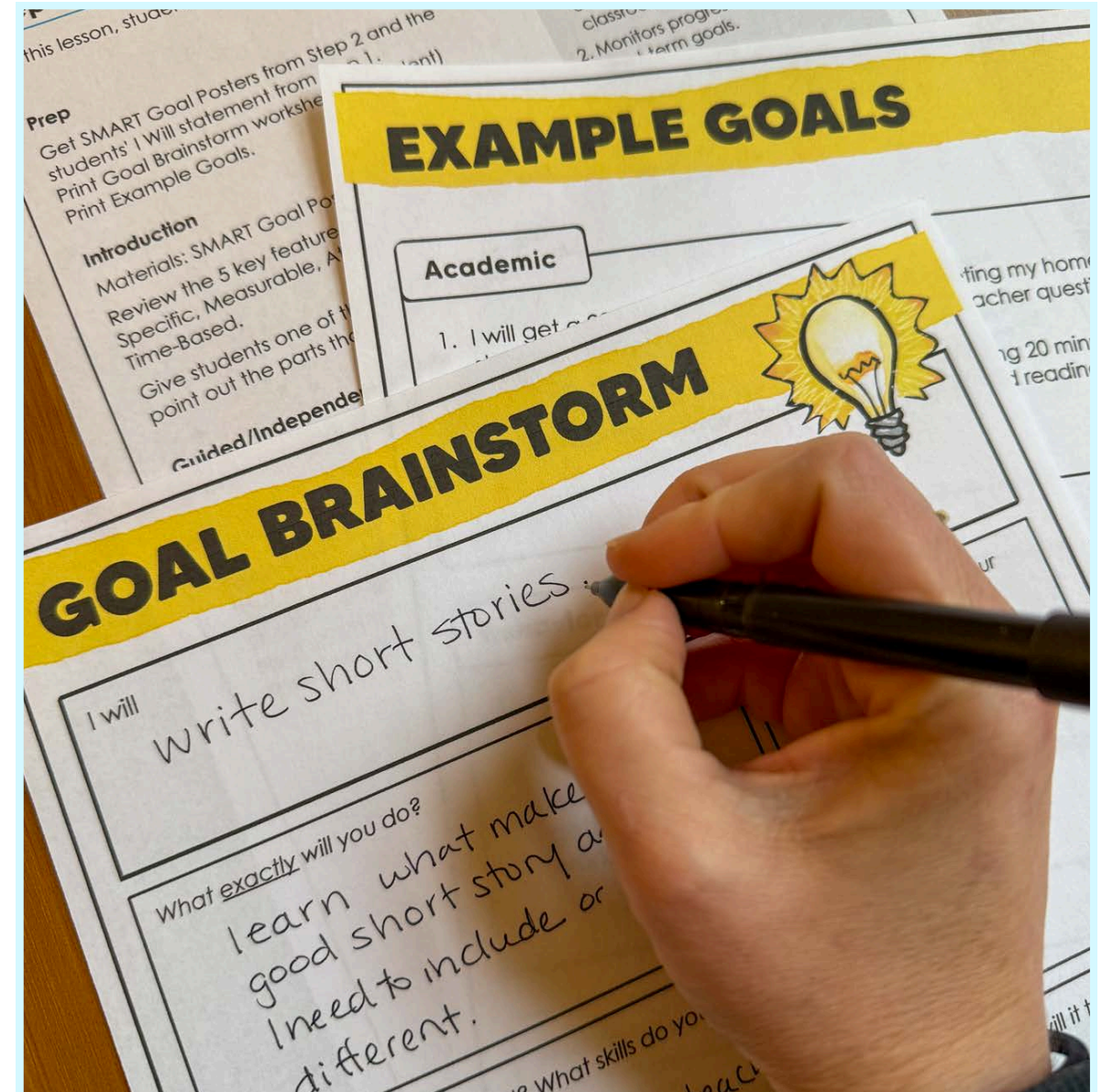




# Lesson 3: Draft Your Goal

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

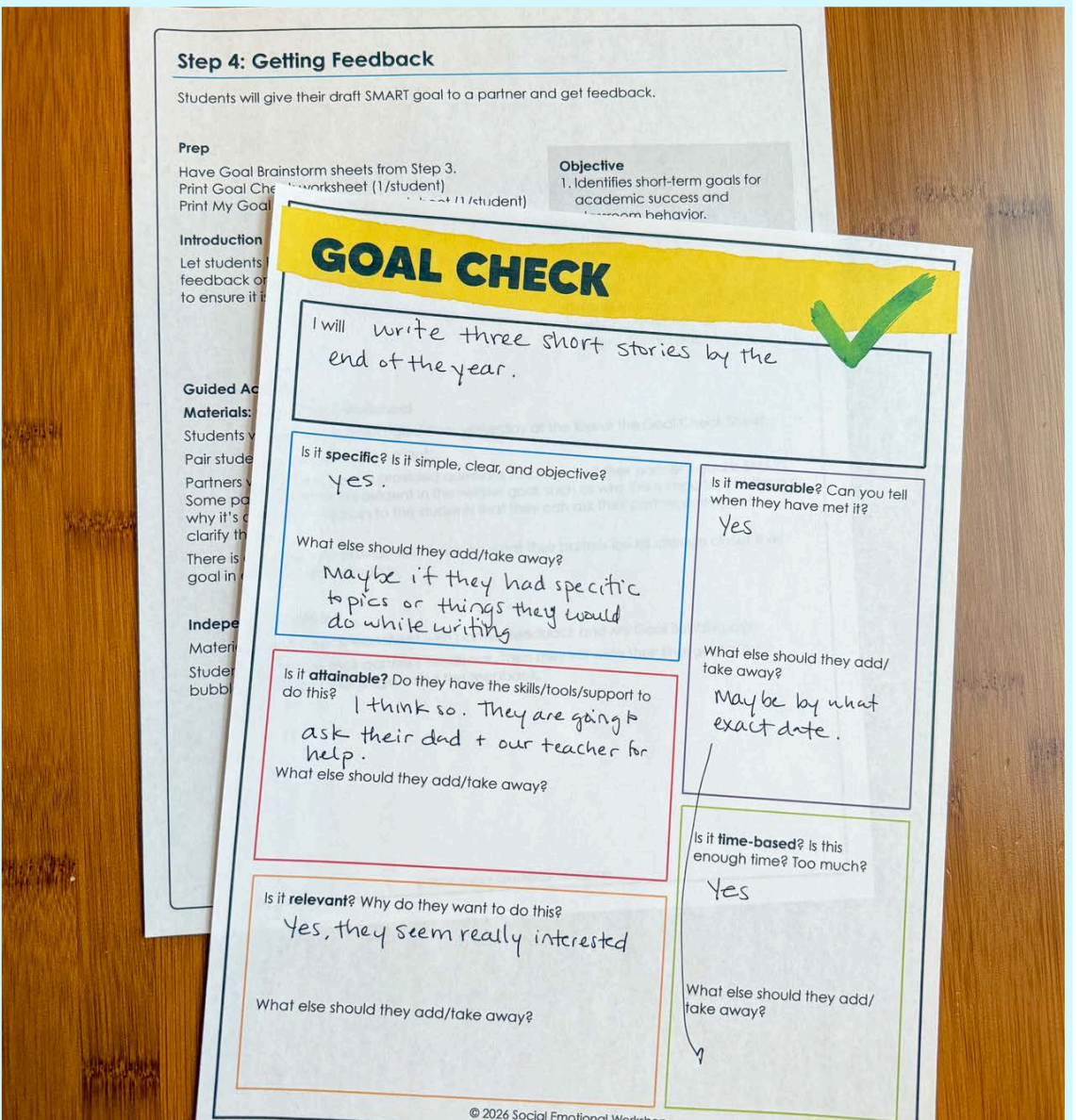
- Lesson plan + slides
- Goal brainstorm worksheet
- Example goals



# 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



**Step 4: Getting Feedback**  
Students will give their draft SMART goal to a partner and get feedback.

**Prep**  
Have Goal Brainstorm sheets from Step 3.  
Print Goal Check worksheet (1/student)  
Print My Goal poster (1/student)

**Objective**  
1. Identifies short-term goals for academic success and classroom behavior.

**Introduction**  
Let students give feedback on each other's goals to ensure it is SMART.

**Guided Activity**  
**Materials:**  
Students v  
Pair students  
Partners v  
Some pairs  
why it's a  
clarify the  
There is a  
goal in m

**Independent Work**  
**Materials:**  
Student  
bubbles

**GOAL CHECK**

I will write three short stories by the end of the year.

Is it **specific**? Is it simple, clear, and objective?  
yes.  
What else should they add/take away?  
Maybe if they had specific topics or things they would do while writing.

Is it **measurable**? Can you tell when they have met it?  
Yes  
What else should they add/take away?  
Maybe by what exact date.

Is it **attainable**? Do they have the skills/tools/support to do this?  
I think so. They are going to ask their dad + our teacher for help.  
What else should they add/take away?

Is it **time-based**? Is this enough time? Too much?  
Yes  
What else should they add/take away?

Is it **relevant**? Why do they want to do this?  
Yes, they seem really interested  
What else should they add/take away?

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# 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

**MY SMART**

Start with the end in mind

Start I have a few favorite short stories and have tried to write one, but I haven't.

mini goal 1  
Learn about short stories

Steps 1

mini goal 2  
Write 1 story + get feedback

Steps

mini goal 3  
Write 2 more

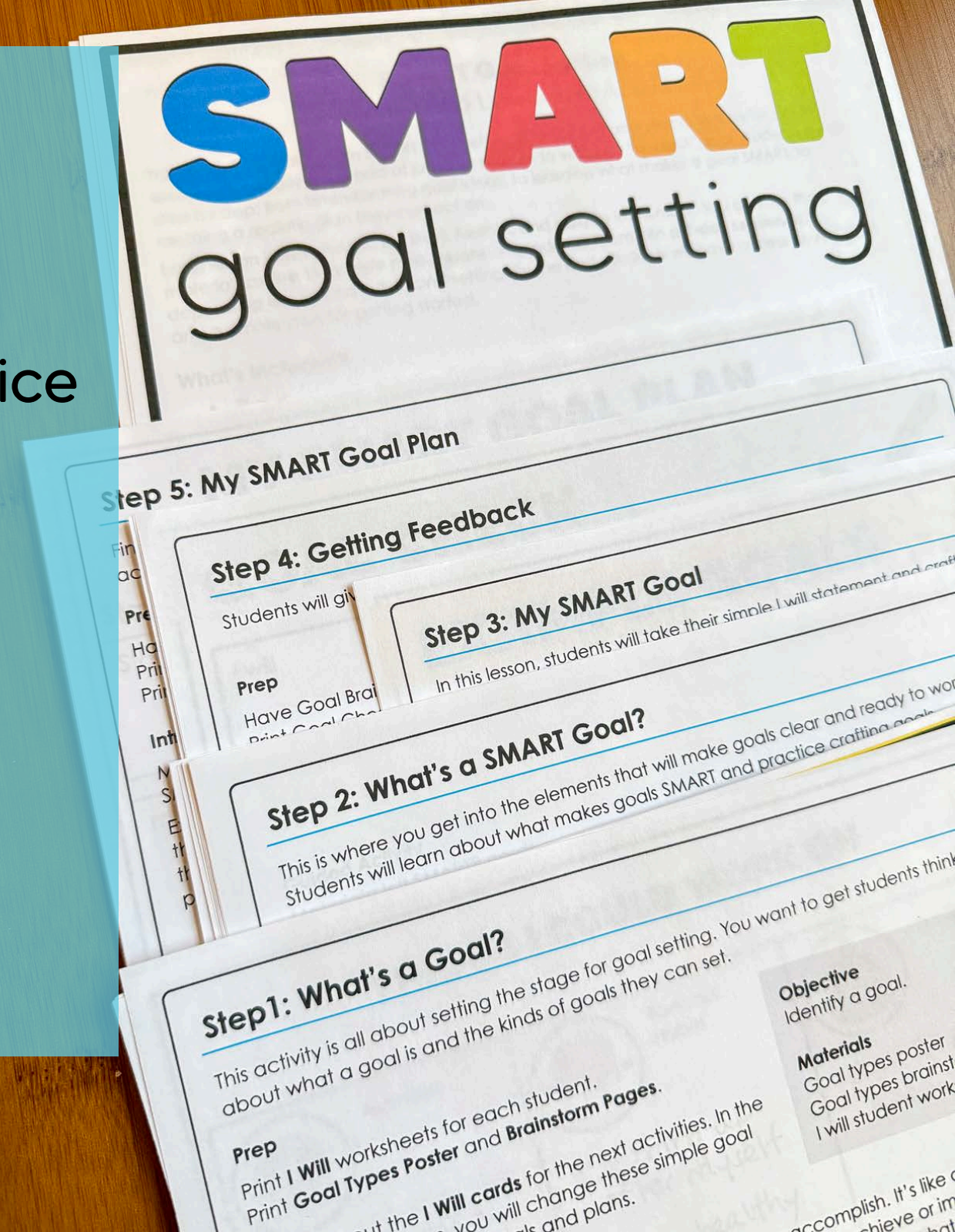
Steps



# 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





# 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.**



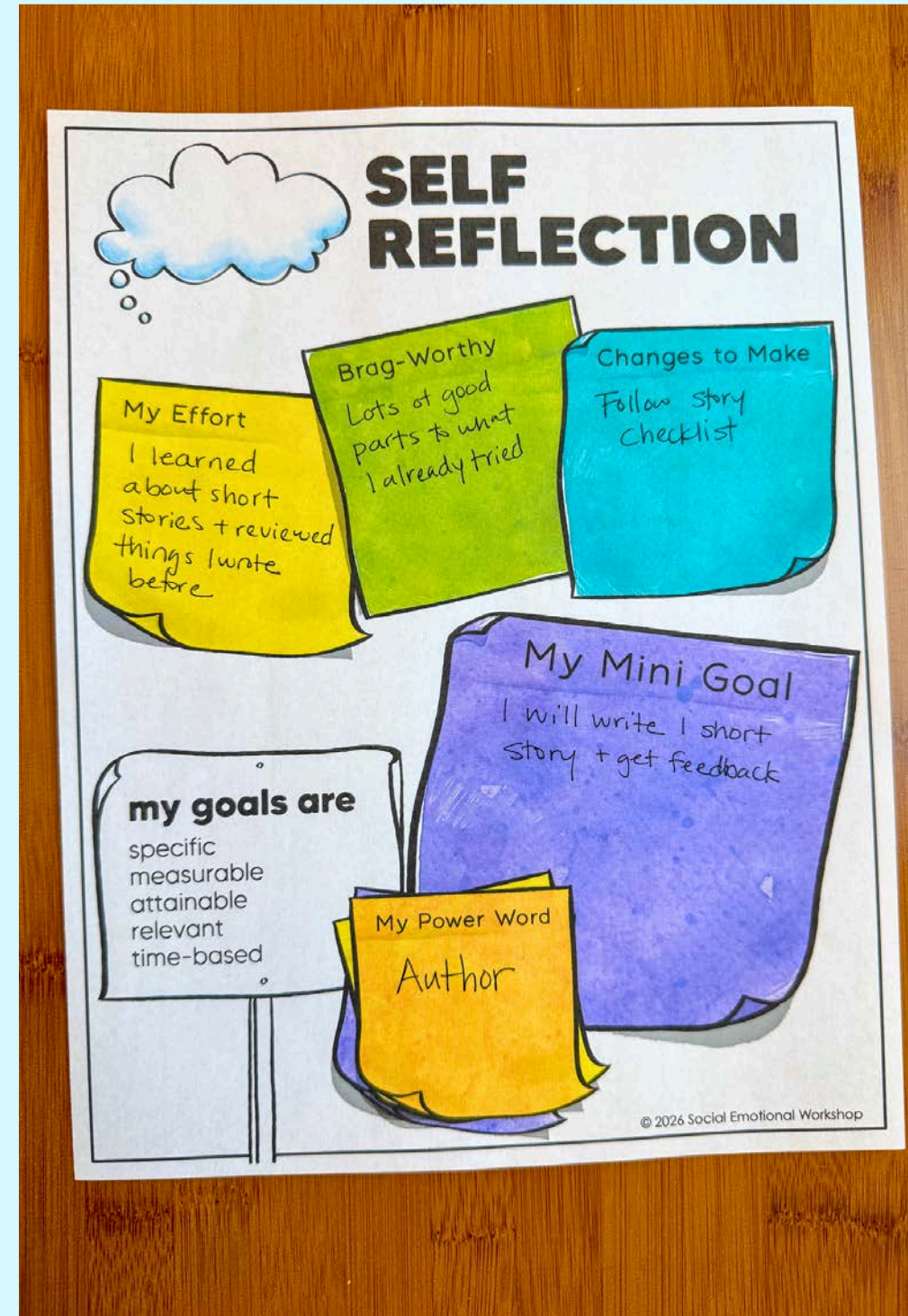
**Teaching slides** to guide instruction with minimal prep.

# Perfect for You If

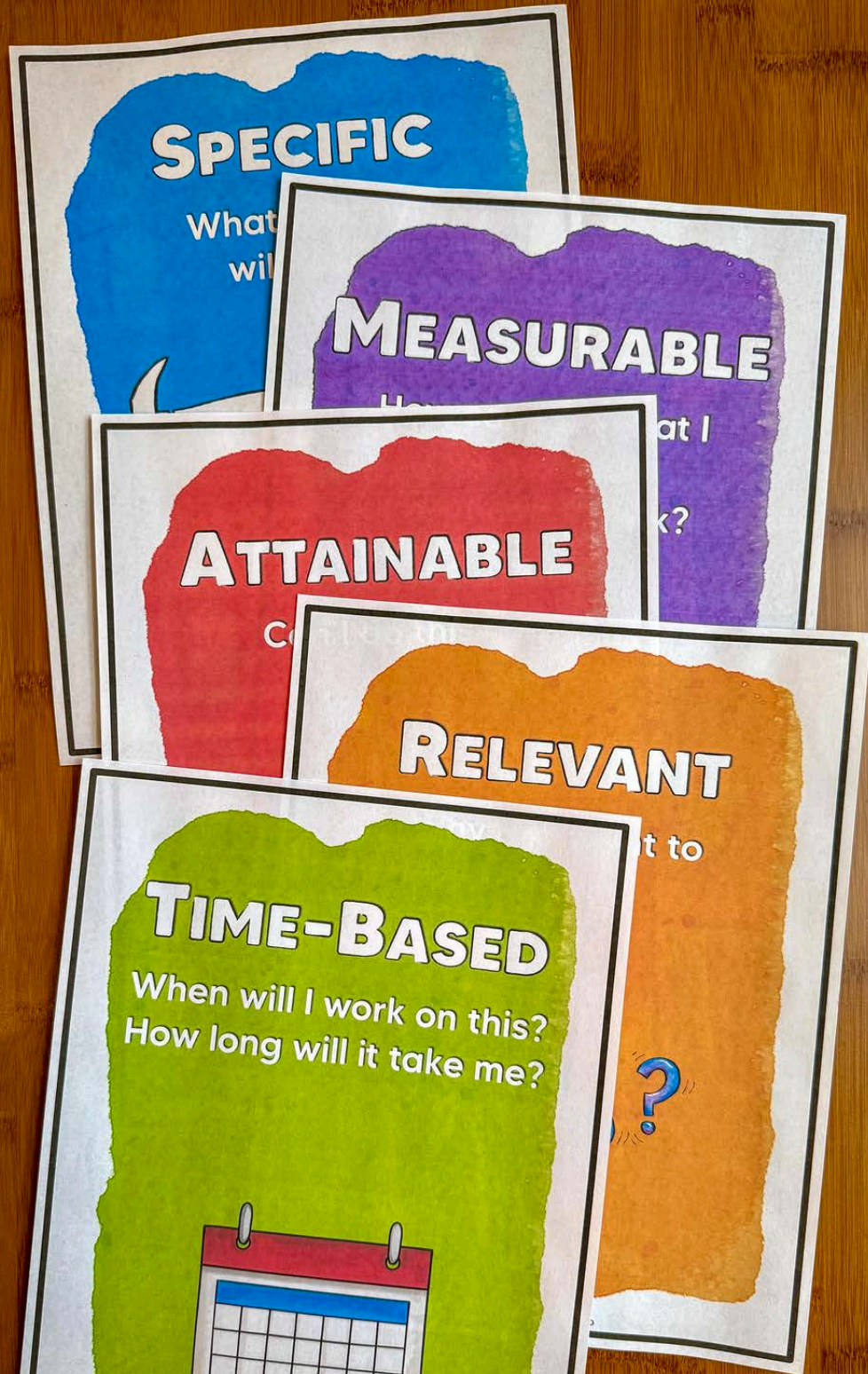
You want goal setting to be more than just a filler activity.

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

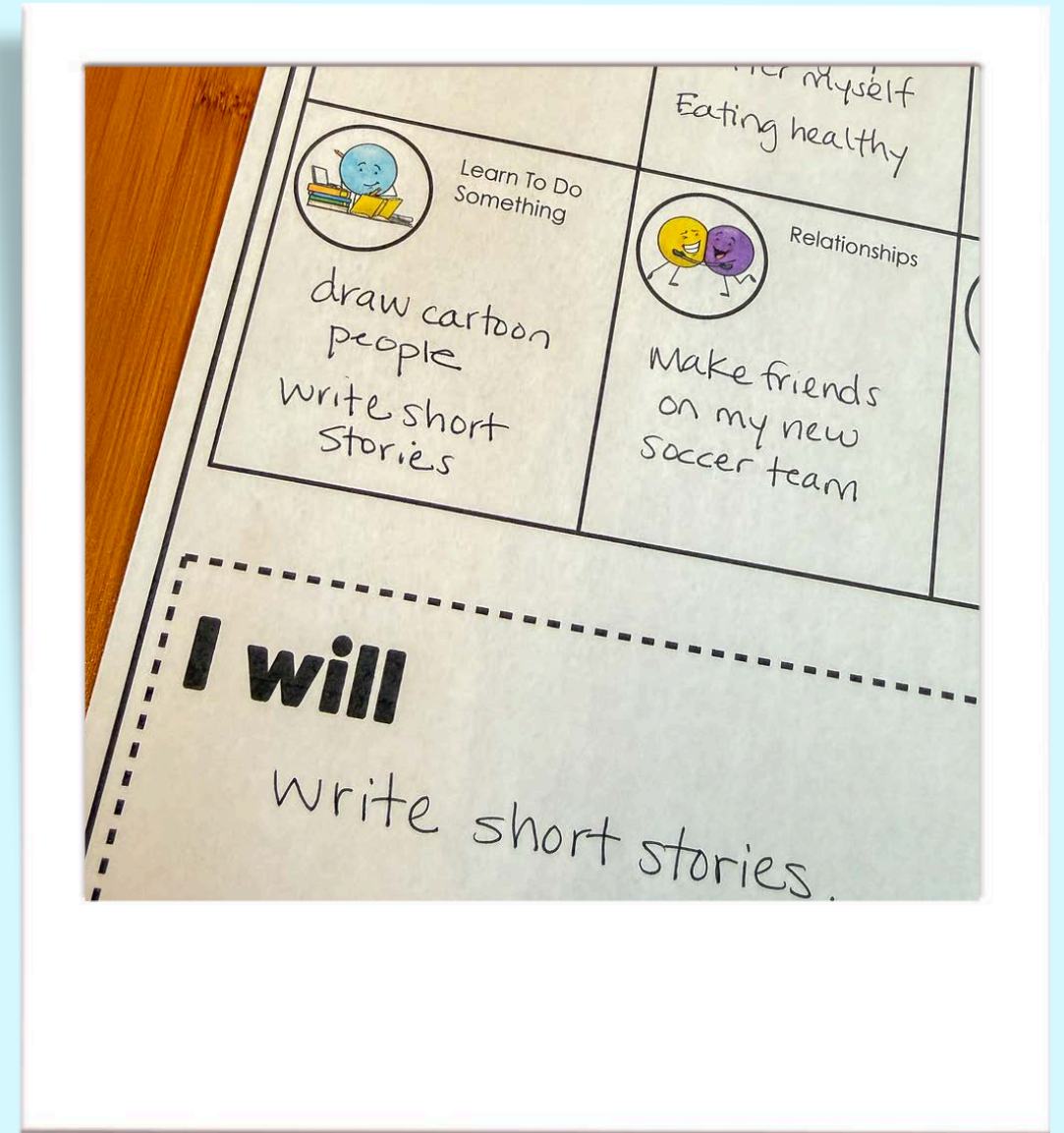


Easy to follow and very engaging for students – Francesca C.

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

COUNSELING CHECK-INS





# 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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