

Session 20: How do children plan and set targets?

Activity: My Action Plan

Family activity at home:

1. Explain the purpose of the home activity to your children including why it is important to:
 - understand the concept of action planning
2. Discuss with them what they currently understand about action planning. Ask them to identify a target/goal they want to achieve. Support them in the planning exercise using the points below:
 - What do I want to achieve?
 - What steps must I take to achieve my goal?
 - How long will it take me to get there?
 - Who can help me?
 - How will I know if I have achieved my goal/target?
3. Support them to complete the **Action Plan** or ask them to design their own graphically illustrated timeline or mind map.
4. Introduce and discuss **The Five P's Theory** - planning, preparing, prevents poor performance. Explore the benefits to their planning and confidence building.

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Name:		Age:
What do I want to achieve? (Remember to make it specific and realistic)		
Set out the steps I need to take to achieve it?	Steps	Timescale
How long will it take me to get there?		
Who can help me?		
How will I know?		