



LIFE SKILLS

# 20 DAY CHALLENGE

1999-2019

20

YEARS

OF Premier Education

## Goals

*Sponsored by Game of Actual Life*



**Overview:** A quick, visual way to help children understand their ambitions.

**Time:** 10 minutes

**Equipment required:** Paper and pencils.

### Benefits:

- Encourages children to think about their aims and goals in life.
- Creates focus and helps inspire children to work hard and improve.
- Helps children assess what's really important for them.
- Ignites excitement for the future.

### The Activity:

1. Hand paper and pencils to each child. Ask the children to think of a sport and draw three nets/goals from that sport.
2. Each child now thinks of three things they want to achieve in life.
3. Invite the children to write their "goal" in a sentence, with the words heading into the net/goal.
4. Each sentence finishes with a drawing of a ball, landing in the net/goal.
5. Optional: consider creating one of your own beforehand as an example.