

Set some goals!

Kaiako card 16

Why this activity?

It can be really helpful to support tamariki growth mindset with a goal setting activity, and here's the research based way to do just that! Oh, and it's fun!

You'll need:

Art equipment - felts, paints, pencils or crayons and paper.



What to do

Kōrero with tamariki about some goals they would like to set for themselves over the coming year - what would they like to accomplish, improve or achieve? Keep this manageable!

Paint, draw or print an 'ara' - something meaningful to them - the track to the beach, the path through the bush, the steps up to their house, a familiar road or short-cut in the community... They can then add their goals to the back of the picture, and the word 'ara' to their picture - Display these or attach them at the front of their pukapuka.

Come back to these often, ask about their ara, keep checking in.

Whānau engagement

It might be nice to display them at school and make a copy for home too for display. This way it supports kōrero at home - add a note to your digital platform or social media as an explanation for whānau. Tell them about the science and that they might want to try this too!