



Module 6
Lesson Plan 1



Co-funded by
the European Union

Lesson name	Step by Step – Setting Goals and Celebrating Growth
Connection to ThrivingSchools Framework	<p><i>This lesson supports Accomplishment by helping students set goals, monitor progress, and celebrate both individual and collective success. It develops SEL competences such as self-management, motivation, and social awareness. It integrates SWPBS expectations like Respect Learning and Respect Yourself, while introducing cooperative achievement through shared class goals.</i></p>
Duration	60 minutes
Age range	10–12 years
Objectives	<p>By the end of this lesson, students will be able to:</p> <ol style="list-style-type: none"> 1. Set one personal and one shared class goal using the SMART framework. 2. Identify two actions that support achieving those goals. 3. Recognise progress in themselves and others and celebrate shared accomplishments.
Setting	Classroom or open space
Required material/resources	<ul style="list-style-type: none"> ● SMART Goal Worksheet ● Progress Tracker Sheet ● Chart paper, coloured pens, stickers ● “Team Tower Challenge” materials: paper cups or blocks (10–15), timer
Lesson activities	Activity 1 – The Power of Yet (10 min)

Purpose: This activity helps students understand that effort and persistence are key to accomplishment and that “not yet” means progress is still possible.

Step-by-step:

1. Write on the board: “I can’t do it... yet!” Ask what changes when we add “yet.”
2. Show a short 2-min video or tell a story about a famous person who succeeded after many tries (e.g., J.K. Rowling, Michael Jordan).
3. Ask students to share something in pairs they couldn’t do before but learned through practice.
4. Summarise: success grows from effort, not perfection.

Teaching Method: Reflective discussion.

Engagement: Personal sharing and connection to real-life experiences.

Group Size: Whole class → Pairs.

Resources: Board, optional video clip.

Activity 2 – Team Tower Challenge (Cooperative Game – 25 min)

Purpose: This activity helps students experience teamwork, planning, and perseverance — illustrating that accomplishment often requires collaboration and communication.

Step-by-step:

1. Divide students into small groups (4–5 members). Give each group 10–15 paper cups or building blocks.
2. Explain the challenge: “*Build the tallest free-standing tower you can in 10 minutes using only these materials.*”
3. Before starting, each group must set one **SMART Team Goal** (e.g., *We will build a tower at least 40 cm tall in 10 minutes by working quietly and taking turns*).
4. Start the timer and observe teamwork and problem-solving.
5. After time is up, measure each tower and invite teams to reflect:
 - What helped you succeed?
 - What would you change next time?
 - How did you feel working as a team?
6. Congratulate all groups for effort and collaboration — highlight that *success = effort + teamwork*.

Teaching Method: Cooperative learning and experiential play.

Engagement: Hands-on, high-energy activity promoting peer support.

Group Size: Small groups of 4–5.

	<p>Resources: Paper cups/blocks, tape measure, timer, reflection prompts.</p> <p>Activity 3 – My SMART Goal & Progress Tracker (25 min)</p> <p>Purpose: This activity guides students to transfer the teamwork experience into individual goal-setting and reflection, linking effort and progress to personal growth.</p> <p>Step-by-step:</p> <ol style="list-style-type: none"> 1. Introduce the SMART Goal framework (Specific, Measurable, Achievable, Relevant, Time-bound). Show an example: <i>“I will read one new book by the end of the month.”</i> 2. Distribute the SMART Goal Worksheet. Students write one personal goal inspired by what they learned in the cooperative task. 3. Using the Progress Tracker, students outline two small actions to achieve their goal. 4. In pairs, they share their goals and offer one piece of positive feedback (<i>“That sounds clear because...”</i>). 5. Close with a reflection: <i>“What step will I take first?”</i> and <i>“How will I celebrate small wins?”</i> <p>Teaching Method: Guided self-reflection and peer feedback. Engagement: Personal responsibility with peer encouragement. Group Size: Individual → Pairs → Whole class. Resources: SMART Goal worksheet, Progress Tracker sheet, pens.</p>
<p>Assessment</p>	<ul style="list-style-type: none"> ● Observe teamwork, participation, and communication during the cooperative game. ● Review SMART Goal worksheets for clarity and connection to learning. ● Use exit question: <i>“What did I learn about achieving something together?”</i>
<p>Additional Resources (if applicable)</p>	<p>Dweck, C. (2015). <i>Growth Mindset: The New Psychology of Success</i>.</p> <p>Edutopia (www.edutopia.org): <i>“How to Foster Student Motivation.”</i></p> <p>MindsetWorks (www.mindsetworks.com).</p>



Annex

Teacher Notes

The aim of this session is to help students experience accomplishment through both personal effort and teamwork. The lesson combines self-reflection (SMART goals) with a cooperative challenge, reinforcing that success is not only about results but also about persistence, planning, and collaboration.

Before the lesson:

- Prepare SMART Goal Worksheets and Progress Trackers (one per student).
- Arrange materials for the Team Tower Challenge (10–15 paper cups, blocks, or recyclable materials per group, plus a timer and measuring tape).
- Display the phrase “Success = Effort + Teamwork” on the board as a visual anchor.

During the lesson:

- Keep the atmosphere encouraging and fun — celebrate progress, not just the “tallest tower.”
- Observe how teams communicate and highlight positive collaboration (e.g., listening, encouraging, problem-solving).
- Offer praise using growth mindset language, such as:
 - “I like how you kept trying new ideas.”
 - “You worked together even when it was tricky.”
 - “Your plan showed persistence and teamwork.”

Adaptations:

- For younger or mixed-ability groups, reduce goal complexity or extend building time.
- For online learning, the “tower” can be built from virtual objects or drawings.
- Encourage students to apply SMART goals to any area (learning, kindness, hobbies, sports).

Supporting Materials

SMART Goal Worksheet

Use this worksheet to define your personal or academic goal clearly. Make sure it follows the SMART criteria:

SMART Step	Guiding Question	My Goal
Specific	What exactly do I want to achieve?	
Measurable	How will I know I'm making progress?	
Achievable	Is my goal realistic for me right now?	
Relevant	Why does this goal matter to me?	
Time-bound	When do I want to achieve it?	

Reflection Prompt: One action I will take today to move closer to my goal is...

Progress Tracker Sheet

Use this tracker to monitor your effort and small achievements throughout the week. Each day, mark ✓ when you complete your step or ★ when you make strong effort.

Day	My Action Step	✓/★	Reflection Note
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Weekly Reflection:

- What am I proud of this week?



- What did I learn about persistence?
- What's one thing I'll try again next week?

Team Tower Challenge Guide

Purpose:

To strengthen students' sense of achievement through teamwork and collective problem-solving.

Materials per group:

- 10–15 paper cups or blocks
- 1 tape measure
- 1 timer (10 minutes)

Instructions:

1. Each group defines a SMART Team Goal (e.g., "We will build a tower at least 40 cm tall in 10 minutes by working quietly and taking turns.")
2. Teams build while the teacher observes teamwork and communication.
3. When time is up, measure the towers and discuss:
 - What helped your team succeed?
 - What did you learn about collaboration?
 - How did you feel when the team reached its goal?

Expected Learning:

- Understanding that accomplishment includes shared effort, perseverance, and emotional regulation.
- Experiencing positive reinforcement through team success.



Alternative Activities

Goal Garden (Creative Extension)

Students design a “Goal Garden” mural where each flower represents a goal. The stem = their action steps, the leaves = things or people that support them, the flower = their final achievement. This visual reinforces the idea that growth takes time and care.

Class Achievement Wall

Create a classroom board where students post small sticky notes about weekly accomplishments (“I helped a friend,” “I finished a book,” “We cleaned our area together”). Teachers can highlight one “effort star” per week to recognise persistence and kindness equally.

Cooperative Relay (Physical Variation)

If space allows, replace the tower challenge with a goal relay: each team completes small tasks (e.g., sorting, organising cards, simple puzzles). Teams record each success on a shared “Achievement Log.” This option is ideal for kinesthetic learners and outdoor sessions.

Teacher Reflection

After completing the lesson, teachers may consider:

- Which activities most engaged the students?
- Did students understand accomplishment as progress, not only winning?
- How can I integrate goal-setting habits into daily classroom routines?

