



Go For the Goal

Troop Leaders/Caregivers meeting plan

Materials needed paper, Setting Goals Flyer, Basket/bucket, ball pit balls, stress balls or rubber balls, pens/pencils, markers/crayons

Setting a Goal Activity

SAY: *What do you do if you want to buy something but you do not have enough money? You figure out how much the item costs and how long it will take to save the money. That's called setting a goal. Discuss with your girl(s) that setting goals helps them become more confident, make better decisions, and can provide motivation.*

Ask the girl(s) to draw or list some things they want on their goal-setting chart. It could be a new pair of shoes, book, toy, or trip to the zoo, etc. Then put what they think it costs in the space next to it. If they are not sure of the dollar amount, ask the girls to take a guess and or come up with something together.

When girls have finished,

SAY: *Now that you have your wish list and know what each item costs. Pretend you can save \$5 a week (amount depends on girls age/ability). Look at your items and try to figure out how many weeks it would take to reach your goal. You will probably need to pick just one of the items if you can't afford all of them.*

When girls are finished,

SAY: *Do you think that by saving \$5 (amount you chose for your girls) a week you will be able to get all the items on your wish list? If not, which one would you save for first?*

Are any of the things you listed something you need or is everything something you want?

Do you think you know how to set a goal now to buy something you want?

Goal Toss Activity

Set up at least two-three baskets/buckets/containers across from the girls.

Have the girls stand on the other side of the room and give them each a pit ball (stress ball, rubber ball, etc.).

In the first round, have the girls cover their eyes and try to get the ball in the baskets.

Discuss how this action is related to going through life without setting goals for the things they need or want.

During the second round, take the baskets and place them as far away from the girls as possible. Discuss how this is related to choosing goals that are too hard or unattainable such as purchasing a car, house, etc. at their age.

In the third round, place the baskets right in front of their feet. Discuss how this is related to choosing goals that are too easy to obtain, a short-term goal, or instant gratification such as a candy bar, toys at the dollar store, etc. Not a lot of planning and time is needed to reach these goals.

In the fourth round, place the baskets in-between the easy and hard distances to signify an appropriate, challenging goal such as a pair of shoes, video game, or a toy for about \$30.

In the final round, you can hold one of the baskets and “assist” them by moving the basket as they make their toss. Discuss how this is related to friends and/or family who will support them in reaching their goals, which can make things easier.

Reflection Activity

Have the girls write or draw in their Sweet Starters journal, what they learned about goal setting. Encourage the girls to list their goals for Girl Scouts, home, school, etc.