

What Is My Child Learning?

Unit Themes

Your child is exploring a process for setting and achieving personal goals. Fifth graders identify meaningful goals and create specific and challenging goal statements, while developing positive habits to support their goals. They learn strategies to overcome obstacles and then reflect on their progress and experiences with goal-setting. This unit teaches skills that empower students to take charge of their personal growth and development. By focusing on meaningful goals, they learn how to be proactive and motivated, the value of positive habits, and strategies for overcoming challenges.

Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- **Develop self-confidence and self-motivation**
- **Improve problem-solving and decision-making skills**
- **Build resilience when facing challenges**
- **Achieve personal and academic success**



Practice at Home

What to Look For

Notice and celebrate your child's efforts to set and work toward their goals. For example, you might see them thinking about possible goals, looking for good habits that support their goals, or finding creative solutions to overcome challenges.

You can say, **I see you've chosen a goal to improve your soccer skills and created a schedule that has you practicing often. That's a great way to stay focused and make progress!**

Try This!

Discuss: Share a personal story about a goal you set. Talk about the challenges you faced, how you overcame them, and what you learned from the experience. For example, **I wanted to learn new recipes but didn't know where to start. So I made a plan to try a new recipe each week from a cookbook we have. Now I love experimenting in the kitchen!**

Practice: Help your child come up with habits that can support their goal. For example, if their goal is to improve an academic skill, ask questions like, **What small steps can you take each day to practice? How will you know if you're making progress?**

Reflect: Encourage your child to talk about any obstacles they've encountered and how they're working to overcome them. Celebrate their creativity and persistence!