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## **Lesson: Goals, Obstacles, and Tactics**

**Lesson Objective:** To gain confidence in oneself by investigating the tools necessary for accomplishing one's goals—identifying the obstacles that prevent us from attaining our goals and finding solutions to said obstacles.

**Essential Questions:** What are desires or dreams you have for your life? What prevents us from accomplishing our goals? How many ways can we overcome obstacles? What happens when we allow others to help us accomplish our goals?

**Duration:** 90 Minutes

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## **Lesson Activities**

### **Cover the Space**

**Description:** Students will walk around the space following different verbal cues. The cues are listed below.

**Skills Focus:** Active Listening | Decision Making | Reflection

**Cues:**

- **Go:** Students will walk around the space.
- **Stop:** Students will stop where they are at.
- **Jump:** Students will jump in the air one time.
- **Clap:** Students will clap one time.
- **Goal:** Students will find a partner and talk about at least three goals or dreams they have for their future.
- **Obstacle:** One student is the *goal seeker* and another student is the *dream*. Everyone else is an *obstacle*. The *goal seeker's* objective is to tag the *dream* (who cannot move). The *obstacles* will get in the way and prevent the *goal seeker* from fulfilling its dream.
- **Intention:** Students will stop and close their eyes. They will think of a goal/desire from earlier in the warmup. They will then visualize the steps necessary to make this dream a reality.

**Debrief Questions:**

- *What are some desires or dreams you have for yourself?*
- *What are things that get in the way of your goals and desires?*
- *Based on what we did, what is an intention?*

## Circle Dash—Goal Version

Description: Students will form a circle. One student will stand in the center of the circle. The student in the center will announce a goal they have for their life. If students on the outside of the circle share this same goal, they will run to find another spot in the circle. The student in the center will take someone's spot on the outside of the circle. The new center student will say a different desire/dream and the activity will continue on.

Skills Focus: Active Listening | Decision Making | Personal Reflection

Debrief Questions:

- *What happens when we realize other people have a similar goal?*
- *What happens when we have other people to help us accomplish our goals?*

## Goals/Obstacles

Description: On a piece of paper, students will write down different obstacles that get in the way of them and their goals. I will collect these limits and put them in one big pile.

Students will separate into two different groups. One group will be the *dream seekers* while the other group will be the *obstacles*. The *obstacle* group will pick up one obstacle from the pile and stand shoulder to shoulder with their backs facing the *dream seekers*.

One at a time, the *goal seekers* will walk up to an *obstacle*, tap it on the shoulder and announce what their dream is. The *obstacle* will turn around and announce what obstacle they are. The *goal seeker* will then give possible solutions to this obstacle that will allow them to reach their goal. When the *obstacle* is satisfied with the solution, the *goal seeker* may go beyond the *obstacle* to his or her goal. (The GOAL LINE will be a designated area beyond the limits).

Skills Focus: Critical Thinking | Decision Making | Personal Reflection

Debrief Questions:

- *Can there be multiple solutions to the same problem/limit/obstacle?*
- *What happens if we fail one time?*