

# WELLBEING

WORKING TOWARDS YOUR GOALS

WEEK COMMENCING 23rd MARCH



## VOCABULARY

Goals - the stepping-stones that will take you from where you are now to where you want to be, and will help you turn your dreams into a reality.



## LEARN

- Have your Spring Term wellbeing booklet in front of you, turned to the lesson with the title 'Create a mountain obstacle task'.
- Read through the vocabulary above
- Watch this video for some inspiration on setting your own goals:  
<https://www.youtube.com/watch?v=XGd0gg5Fgjc>
- Set one personal goal for yourself and do some research into it on the internet or in books you have at home – what skills, materials, equipment etc. will you need to reach your goal? Who might you need help from?



## YOUR TASK

1. On a big piece of paper, draw and colour in your own 'mountain obstacle course', writing one of your personal goals at the peak (top) of your mountain and adding in at least 3 obstacles along the way.
2. Draw yourself on a small, separate piece of paper or cut out a small photo of yourself. Put some blue-tack on the back of this and place yourself on the obstacle course, at the start.
3. Put your poster up somewhere easy for you to see at home. Move the picture of you along the obstacle course as you get closer to your goal, successfully overcoming each of the obstacles in your way. We would love to see photos of your finished poster!