Goal Setting

Activity: **Goal Tag**
Audience: 6th – 8th graders
Time Required: 10 – 15 minutes
Location: Outside on a grassy surface is preferred, but can be done indoors

Objective: Participants will:
- practice planning to achieve set goals

Life Skills: Achieving goals, decision making, teamwork, communication

Materials: Stickers (can be dots—about 20 stickers per participant)
Paper and pens

Overview: Participants work as teams and strategize how to win the game *Goal Tag*. They then play the game outdoors or indoor in a large area and finish by processing the experience.

Preparation: Select a safe place to play this rugged game. A grassy area is best but it can be played indoors. This game has the potential to get rough. Integrate girls and boys on teams. Closely supervise the game, allowing for different abilities. Make a rule: if someone is too rough, they have to go to *Outland* for the entire game. Select *Outland* –an item such as a tree or bench that serves as the place where tagged people go.

Do the Activity: Give every person 20 or more stickers. Divide participants into teams of three each. Say or explain the rules to *Goal Tag*:

In this game you'll work together as teams. The object of the game is to put others teams in Outland. To put a person in Outland; place a sticker on his or her back, above the waist and below the neck. Then yell "You're stuck!" The stuck person must go to Outland. If a free team member gets the sticker off the team member's back, the person is free. If all members of a team are in Outland, they lose. The last team with a person still free wins.

If you think your group needs another reminder, ask them to say the rules with you:

- Stickers should be placed on backs, above the waist and below the neck
- People with a sticker on their back have to go to Outland
- Free team members can release you from Outland by taking off your sticker.
- The last team with a member still free wins.

Give each team a blank piece of paper and pen. Ask them to write "Our Team's Goals and Plan" and the names of their team members. Then ask them to spend ten minutes writing down goals and discussing strategy. For example,
Will teams:

- Guard Outland?
- Stay together
- Appoint just one person to get others free?
- Split into squads?
- Scatter?
- Try to win no matter what?

Collect these team plans. Then take teams to the play area. Point out boundaries and Outland (tree, bench, etc). Let them play the game for 15 or more minutes. Be sure to monitor closely to keep participants safe.

Gather in a large group. Pass back the team plans. Ask teams to share how they did and whether they followed their plans and achieved their goals.

Now ask teams to spend a few minutes revising their plans. Collect them again, and let teams spend another 10 minutes playing the game.

Reflect

After they've finished playing, ask teams:

- How did it go the second time? Better? Worse? Explain.
- How many teams revised their plans?
- Why did you revise your plan?

Point out that all teams participated in goal setting by meeting beforehand and playing a game. When we first set goals, we often:

- Try out scenarios
- Manage resources to achieve goals
- Vision the future

Apply

- Can you think of other times you've set goals? Can anyone give me examples?
- Does setting goals mean you have to do something? Why or why not?
- Do you sometimes have to change plans to achieve goals? Why or why not?

Challenge participants to set a simple goal that involves their home life. Can they vision the future and manage resources to achieve this goal?