Goal Setting

Activity: **Vanishing Circle**
Audience: 6th – 8th graders
Time Required: 10 – 15 minutes
Location: Large area to allow participants to stand in a circle

Objective: Participants will:
- practice using planning and cooperation to achieve set goals

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

Materials: Very large rope to fit around group when spread out in a circle

Overview: It takes a number of things to help one achieve a goal. Many times the early stages of accomplishing a goal are easier than the later stages. As things get tougher you may need to have other people help you.

Preparation: Select a large enough area to work within.

Do the Activity: Have participants stand in a group in the middle of the room (Do not have them squeeze in close together). Take a rope and lay it on the ground so that it goes completely around the group and forms a circle. Now have everyone step back out of the circle. Explain that you are making the circle smaller and smaller and it is their job to get the entire group in the circle with no one's foot or any other part of the body outside the circle. Stress safety (no jumping or pushing to get into the circle). The group will need to help each other or work together to accomplish the task as the circle diminishes in size.

Reflect and Apply
What was happening during the activity?
Why did it become harder to fit inside the circle?
What were some of the techniques used to fit inside in the beginning of the activity? Why did these activities stop working?
How did the techniques change as the circle became smaller?
How can you relate this activity to goal setting?
When the solution looked impossible, how did you go about creating a solution?
What are some ways that we can help others reach their future goals?
What are some ways that others can help us reach our future goals?