

WISHES & DREAMS GOAL JAR



Grade: K-Adult

Month: January

Lesson Focus and Goals:

A wish or a dream is something that we want to believe that we can achieve. When we make a wish or have a dream and then we act on it, we are setting a goal. Goals are a great way to help us accomplish the things we want to do. Big or small every wish, dream, or goal is worth working towards!

Materials Needed:

A Mason Jar
Old Magazines or Scrapbook Paper
Mod Podge
Downloadable jar (alternative)

Learning Objectives:

What are Wishes/Dreams?
How can we turn our wishes into goals?
What do we need to accomplish a goal?

Structure / Activity:

Step One: Ensure jar is clean and dry.

Step Two: Have participants cut out magazine or scrapbooking pages that interest or inspire them. Using the Mod Podge begin to decorate the jar's outside with the cut out pieces. If doing the printable alternative, participants will not need to design the jar until after they have written their wishes on it.

Step Three: Once outside of jar is decorated, give participants a piece of plain paper to write their wishes/dreams on. Some suggestions include: a wish for their year, a wish for their family, a wish for their friends, a dream they have for when they are older, a dream of a skill or hobby they would like to learn, etc. If doing the alternative, you can write wishes onto printable.

Step Four: Have participants put their wishes in the jar. Add to it throughout the year! At the end of the year, you'll be able to see what you've achieved.

Take Aways:

This is a great time to talk about what goal setting can look like with young people and inspire them to think big about their dreams and then learn to break it down into action items they can work on. It's also a great way to show them how even the smallest wish is worth working to make happen, which is why we put it in the jar!