Name: _____ Age:_____

Karate Kid Star Worksheet

GOALS IN EDUCATION

A goal is something you want to achieve. The only way to reach a goal is to make sure you're working towards it! If you aren't working towards your goal, then it's only a wish. Don't just hope for things to happen, take action! Everyone has things that come easy to them and things that are trickier for them, especially in school. Some subjects might be a breeze for you, and others might seem very difficult and that's okay! You can get better at your tricky subjects by setting specific goals. Use this worksheet to make a goal that will help you with school!

The easiest subject for me at school is: _____

The trickiest subject for me at school is: _____

Practice Your Trickiest Subject Goal!

Choose a goal that will help you improve your trickiest subject at school that you can achieve by the end of the month. Explain how you plan to achieve it. Share this goal with your parents and have them initial below each time you work towards it. For example a goal could be to be faster at remembering your math facts and you could achieve it by having mom or dad quiz you each time you are riding in the car with them. Or maybe to do better on your spelling tests by practicing writing your spelling words with soap suds or bath crayons each time you take a bath. If remembering your history facts is hard for you, ask your parents to help you make a game out of them that you can play each night before bed. Practicing your school work doesn't have to take up your extra play time, figuring out ways to work on your goal while doing other things can make it easier to stick with and more fun! Choose a school goal that important to you.

My Goal is _____.

I plan to achieve it by doing this: _____.

Date Practiced										
Parent Initials										

Bonus: Homework Hero Goal!

Sometimes when a task isn't much fun, or we're worried about it being difficult, we try to avoid doing it. Unfortunately, this doesn't make those tasks go away, it just gives us less time to get them done later and makes us worry about doing them longer! You'll feel more proud of yourself if you get tough tasks done right away and get them over with faster! Make yourself (and your parents!) proud by completing your homework on your own without being asked. Each time you get it all done without your parents having to remind or ask you to do it, have them mark it below. Getting your work done on your own 10 times without being asked earns you a bonus star!

Date Practiced										
Parent Initials										