



# Kids' Connection

## Session 5

### *"Dreams & Goal Setting"*

## DREAMS & GOAL SETTING

**Goal:** To gain or strengthen our sense of purpose and feel more confident in setting goals and taking steps that will help us in achieving our dreams.

### Key Points:

- ⊗ Dreams can give us hope and give us a sense of purpose for our future.
- ⊗ There are steps we can take to help us set goals and achieve our dreams:
  1. Identify our dreams.
  2. Develop a plan.
  3. Ask for help.
  4. Be flexible.
- ⊗ Getting into fights and using alcohol and other drugs can keep us from reaching our dreams or achieving our goals.

**Major Message:** *I BELIEVE in my purpose & future.*

## Pre-School

**I. Sunshine and Cloud** *(Review with the participants the process for this activity.)***II. Review and Introduction**

I am so glad that each of you could come back today. Let's go over our Group Promises before we start. ***(Go over each promise briefly with the participants, using the poster as a visual aid.)***

The last two times we have talked about our feelings, haven't we?

**★ Who can remember what feelings we talked about last time?**

Right, we talked about being angry or mad and we learned some steps we can take to handle our anger so we don't hurt someone or get in trouble. These last couple of times we have also talked about how using alcohol or other drugs can make us lose control over how we feel and act. They can make us do strange or dangerous things, can't they?

This time we are going to talk a little about our hopes for the future.

**III. Guided Discussion**

The dreams we are going to talk about are not the kind of dreams we have when we are asleep. The dreams we are talking about are the kind of dreams we have for ourselves, like what we want to be or do when we grow up.

Think about how a big, old tree looks. It has a really big trunk, lots of roots, and it might be very tall with lots of branches and leaves. Do you know that it grew from a tiny little seed? Yes, it did! People are kind of like that too. We all start out very small, like this. ***(Show everyone how to squat down and scrunch themselves up into a little ball.)*** Then we grow and grow and grow! ***(Demonstrate standing up little by little until you are standing up straight and tall. Let the group "scrunch and grow" several times.)***

As you grow older there will be more and more things you want to be and do. When you go to school, you'll learn to read and write. You might learn how to play a musical instrument, dance, or sing. You might even play soccer, football, or basketball. There are so many things that you will do. We call all of these things our dreams for our lives. ***(You may want to have pictures to show of different talents and occupations.)***

**★ What is a dream that you have for when you get bigger - meaning what do you want to be or do when you grow up? *(Try to get an answer from each participant if they are willing to participate. Then choose one participant's dream for the following discussion.)***

## Pre-School

Let's pretend we have a friend named Jane. Jane dreams of being a doctor when she gets older. How can she do that? ***(If the dream is to be a doctor, answers can include study hard, make good grades, etc.)*** Who can she ask to help her with this dream as she grows up? ***(Answers can include friends, parents, teachers, etc.)***

Let's say that Jane thinks she wants to be a doctor and then decides that she would like to be a teacher instead. Is it okay for her to change her mind and have a different dream? Of course it is.

Now let's pretend we have a friend named John. What if John really wants to play football, but he doesn't get picked for the team? How will he feel? Yes, he might feel sad, but he can still have other dreams. Maybe this will help "John" find out that he would be great at playing the drums instead of playing football, or maybe he has to wait until he's older to be a football player.

- ★ **What do you think might happen to Jane's or John's dreams if they used alcohol or other drugs?**

Remember how we said that using alcohol or other drugs can make us lose control and make us do strange or dangerous things? It is also true that using alcohol or other drugs can keep us from seeing our dreams come true.

### IV. Activity and Processing

***(Choose an appropriate activity for your group and upon completion of the activity process what they learned and how it relates to the discussion.)***

### V. Closing Summary

- ★ **What are some things we learned today?**

I hope you all have dreams for your future! Remember you have to work hard to make your dreams come true and it is okay to change your dreams. Using alcohol or other drugs can keep us from seeing our dreams come true.

Our Major Message for today is: ***I BELIEVE in my purpose & future.***

### VI. Major Message Ritual

## Elementary

### I. Sunshine and Cloud

### II. Review and Introduction

The last couple of sessions we have talked about our feelings. Last time we talked about one feeling in particular – anger. We agreed that it is okay to feel angry but that it is important to stay calm and not get into fights.

**★ Who can tell us the three steps we learned to handle anger in a healthy way?**

That's right – our “S-I-T (sit) process!”

- Stop (cool down and gain control)
- Identify (what are you feeling and why?)
- Take Action (respond to your feelings in an appropriate way)

Finally, we talked about how using alcohol and other drugs can cause us to lose control over the way we act.

Today, we are going to talk about our dreams and goals for the future.

### III. Guided Discussion

When we say dreams, we are not talking about the kind of dreams we may have when we sleep. We are talking about the kind of hopes, dreams, and goals we have for our future. These kinds of dreams give us hope and a sense of purpose for our future.

We may want to help other people; do something that will make the world a better place; or invent or discover something. We all have special dreams and the talents to achieve our dreams.

- ★ What are some of the dreams or goals you have for the future?**
- ★ Can we have more than one dream at a time?**

We usually have more than one dream or goal. This may be because some dreams we have are for the future and some dreams we have are for right now. For example, we may have a goal to make the best grades possible in Science because when we are older we have a dream of becoming a doctor.

There are several steps we can take to make our dreams come true and to achieve our goals. (You may want to put these on a poster or flip chart.)

1. Identify our dream: The first step is to identify what our dreams are for now and in the future. We just did this when we shared our dreams.

## Elementary

2. **Develop a plan:** Next we need to develop a plan on how we can make our dream come true. Sometimes the plan may be very big and seem too hard. It will help if we break the plan down into several small steps. Making a plan like this is often called “goal setting.”

Let's use our example of the dream to be a doctor. We already said we would want to make the best grades possible in Science. What would be some small steps we could take to make good grades? **(Examples would be to study hard, to ask the teacher for help, to do research on the internet, etc.)**

3. **Ask for help:** A third step is to ask others for help. We talked in our group a couple of weeks ago about talking to someone you trust about your feelings. It is also a good idea to talk to someone you trust about your dreams for the future and ask for their help and advice.

**★ Who could you ask for help with achieving your dreams?**

4. **Be flexible:** Sometimes our dreams or plans may seem impossible. There may be problems or obstacles in our way. Many times our dreams may change. Let's say we discovered we didn't like Science after all – that would make becoming a doctor a more difficult dream, wouldn't it? It helps to keep an open mind and stay flexible. Sometimes a roadblock or obstacle may mean we need to change our plans!

**★ What types of obstacles can keep us from achieving our dreams or goals?**

**★ Is it all right for our dreams to change?**

Obstacles can be things like being sick or hurt, not having enough money, or not being able to get everything you need, etc. Just like it is possible to have more than one dream at a time, it is also possible for our dreams to change. Our interests change as we get older, and new opportunities may be opened up for us.

Sometimes our dreams will not come true. Maybe we don't make the basketball team or cheerleading squad. This can be disappointing, but this doesn't mean that we can't keep setting goals for ourselves. Sometimes we may decide to change our dreams and that is okay, too! Part of being flexible is trying again or being open to new ideas and interests.

**★ Do people do things that can keep them from achieving their dreams?**

Two things we have talked about that can keep people from reaching their dreams are getting into fights and using alcohol and other drugs. Making healthy choices and doing things that are good for us and others can help us achieve our goals.

## Elementary

## IV. Activity and Processing

***(Choose an appropriate activity for your group and upon completion of the activity process what they learned and how it relates to the discussion.)***

## V. Closing Summary

★ **What are some things we learned today?**

Today we learned how important it is to have hopes and dreams for our future. We also learned some steps to take that will help us reach our goals and make our dreams come true: 1) identify our dreams; 2) develop a plan; 3) ask for help; 4) be flexible. And we learned that getting into fights or using alcohol or other drugs can keep us from reaching our dreams and goals.

Our Major Message for today is: ***I BELIEVE in my purpose & future.***

***(Make copies of the Major Message Bookmark – Handout KC 5:8 - on colored cardstock and cut them into bookmarks to distribute.)***

## VI. Major Message Ritual