

For Kids: Setting your own goals

In this video, young people provide advice to other children and young people in care about setting and achieving their goals. This video can be shared with children and young people you work with to help them think about their own goals.

Reflections

In this video, the young people share different perspectives on what realistic and achievable goals mean to them. Which message did you connect with the most? Why?

Bryce talks about the importance of goals being something you want to do. Have you ever supported a young person to achieve a goal they set for themselves? What helped the young person achieve the goals? What did they do? What role did you play?

Aidan says that no goal is too big if it is something you really want. How do you support children and young people to and achieve big goals?

Your plan

How will you plan for your next conversation with a young person to partner with them to set their goals?

How will you make sure your own views about the young person's capabilities do not impact your ability to partner with them on their chosen goals?

What creative ways can you use to support young people to think about their goals using Bryce's SMART strategy?

Group supervision questions

How can we work with the child to help them identify their own goals and share other ideas with them?

How can we partner with young people to help them understand their capabilities and build on their strengths?