

Captain Me Tips and Resources

How Goal Cards Help Children Take Charge of Their Learning

Helping children learn to set goals and monitor their progress is a powerful way to build confidence, motivation, and independence. One simple tool that can make a big difference is a **Goal Card**.

A Goal Card can be created on a post-it note, index card, paper, or using a computer, making it easy for children to create new goals, track progress, and celebrate success over time.

1. Children Learn to Set Their Own Goals

Each Goal Card includes a place for children to **define their goal**. When children help choose their own goals, they feel more motivated to work toward them.

Examples of child-friendly goals might include:

- “I want to get better at throwing and catching a ball.”
- “I will put my toys away before asking for help.”
- “I will use kind words with my friends.”

When children choose their own goals, they begin to understand that **their actions can influence their success**.

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2. Drawing the Goal Helps Children Visualize Success

The Goal Card also includes a space where children **draw a picture of their goal**.

This simple step helps children:

- think more deeply about what they are trying to achieve
- visualize themselves being successful
- remember their goal throughout the day

Drawing makes the goal **concrete and meaningful**, especially for younger children.

3. Daily Check-Ins Build Self-Monitoring Skills

At the end of the day, children circle how they think they did on their goal. This simple reflection helps them learn to **monitor their own behavior and effort**.

Over time, children begin to ask themselves:

- Did I try my best today?
- What helped me succeed?
- What could I try tomorrow?

These self-reflection skills are an important part of **self-determination and lifelong learning**.



4. Post-it Notes Make Goal Tracking Flexible

When Goal Cards are written on **post-it notes**, they are easy to update as children grow and change.

Families and teachers can help children:

- create new goals when old ones are mastered
- track progress over time
- celebrate improvements and small successes

This flexible system helps children see that **growth happens step by step.**

A Small Tool That Builds Big Skills

Goal Cards help children learn to:

- set meaningful goals
- monitor their progress
- reflect on their effort
- take ownership of their learning

Most importantly, Goal Cards send a powerful message to children:

“You are the leader of your own learning—and you’ve got this!”

- Dr. Amy 

*Scroll down for free reproducible activities
to help children create and track their goals!*

Name		Date	
My Goal:			
Why I picked this goal:		Picture of my goal:	
Did I reach my goal? Circle your answer here 		 Yes, I did it!	 Not yet, but I'll keep trying!



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