

Objective

By the end of this lesson, you will be able to understand the concept of goals and needs and how they relate to your everyday life.

Materials and Prep

- Paper
- Pencils or colored markers

No prior knowledge or preparation is required for this lesson.

Activities

- **Create a Vision Board:** Cut out pictures or draw images that represent your goals and needs. Paste or arrange them on a piece of paper to create a visual representation of what you want to achieve.
- **Goal Setting Worksheet:** Fill out a worksheet where you can write down your short-term and long-term goals. Think about what you need to do to achieve those goals.
- **Role Play:** Act out different scenarios where you have to make choices between wants and needs. Discuss the consequences of your decisions.
- **Interview Time:** Interview a family member or friend about their goals and needs. Ask them how they prioritize and work towards achieving them.

Talking Points

- **What are goals?** Goals are things we want to achieve or accomplish in the future. They can be big or small, and they give us something to work towards.
- **What are needs?** Needs are things that are necessary for our survival and well-being. They include things like food, water, shelter, and clothing.
- **How are goals and needs related?** Goals are often connected to our needs. For example, if we want to become a doctor, we need to set goals like studying hard and going to medical school to fulfill that need.
- **Why is it important to set goals?** Setting goals helps us stay focused, motivated, and gives us a sense of direction. It allows us to make plans and take steps towards achieving what we want.
- **How can we prioritize our goals?** It's important to prioritize our goals based on their importance and urgency. We can do this by considering which goals will have the biggest impact on our lives or which ones need to be achieved first.
- **What are some examples of short-term and long-term goals?** Short-term goals are things we want to achieve in the near future, like finishing a book or learning a new skill. Long-term goals are bigger goals that may take months or even years to accomplish, like becoming a professional athlete or starting your own business.
- **How can we work towards achieving our goals?** We can work towards our goals by breaking them down into smaller, manageable steps. It's important to stay focused, be persistent, and seek support from others when needed.