**Parent Education Resource Package for Primary Schools**

**Homework and exams made easy:  
How to support children’s learning at home?**

**Worksheet on Planning and Implementation of Goals with Children**

**Objective:** To provide a framework for planning and implementing goals to help children take steps to achieve their goals.

**Activity Duration:** About 10 minutes

**Instructions:** What goals do your children need to achieve in the near future? Use the **WOOP** framework to help them set goals, consider the outcomes, anticipate the obstacles they might encounter and devise a plan to achieve their goals. Please note that the established goals must be:

* Specific: Indicate the desired outcomes, the more specific the better
* Measurable: Goals must have measurable indicators
* Achievable: Goals must be within the child’s abilities
* Relevant: How will achieving this goal help the child? How will it do with the long-term goals?
* Time-bound: It must be completed within a limited time

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| Step 1: **W**ish | What is my goal? |  |
| Step 2: **O**utcomes | What are the positive outcomes after achieving the goal? |  |
| Step 3: **O**bstacles | What obstacles might I encounter? |  |
| Step 4: **P**lan | What can I do to overcome these obstacles? | If\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  then I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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|  | **Tips:** |

1. Parents can set short-term goals with children first, to let children see the results faster and gain self-confidence and a sense of accomplishment.

2. Parents can set reasonable goals for children based on their learning abilities and progress.