

**Directions**

- Explain to your child that the beginning of a new year is a great time to make goals. A goal is something you want to be able to do and then take steps to do it. Goals are wonderful ways to help us grow and become the best we can.
- Let your child color and fill out the book. Then help him think of goals for each of the pages. Stack the pages and staple the sides together. Throughout the year look at the book with your child and help him reach his goals.

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# ABOUT ME



Name:

Favorite Color:

Favorite Food:

Favorite Book:



Favorite Holiday:



A drawing of me

Favorite Toy

Something Special:

# ALPHABET

My Alphabet Goal:

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

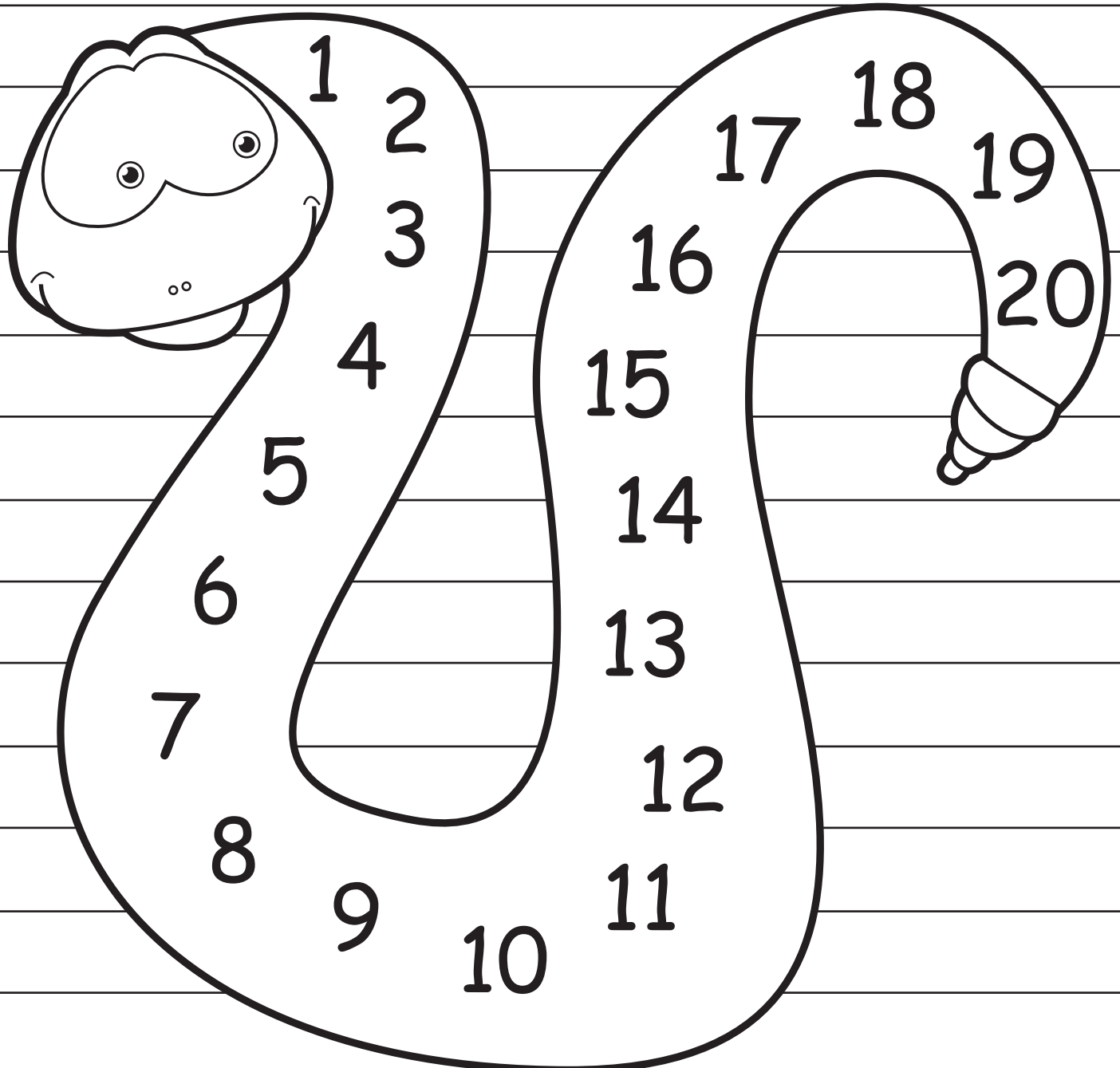
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## Directions

-Have your child trace all the letters and circle which letters he doesn't know. Help him make a goal. Some ideas: to learn all the letters, to be able to write all the letters, to learn all the lowercase letters.

# MATH

My Math Goal:



### Directions

-Have your child see how far he can count on the snake. Circle which number he gets to. Make a goal to get to a higher number.

# MUSIC

My Music Goal:

My Favorite Song

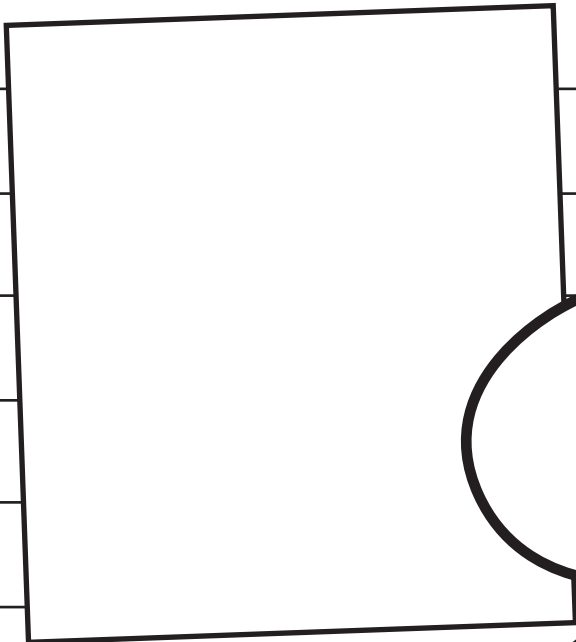


Directions

-Have your child draw a picture of his favorite song. Sing his favorite songs, then make a goal of what song he wants to learn.

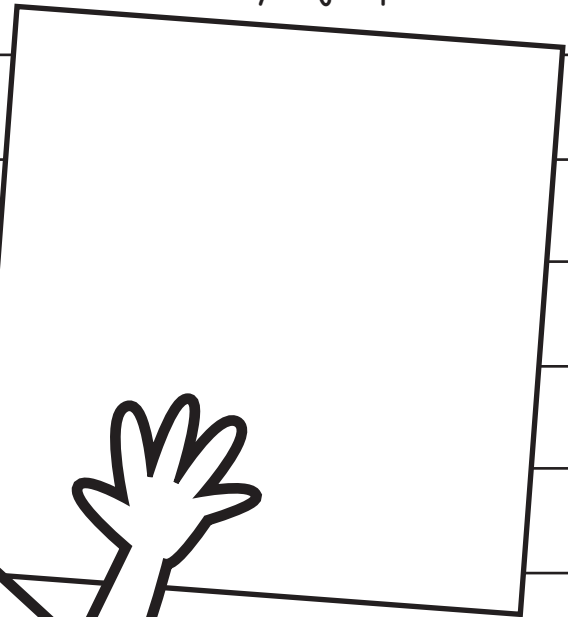
# SCIENCE

My Science Goal:




Jumping jacks in 30 seconds

How far can you jump in inches



Sit ups in 30 seconds



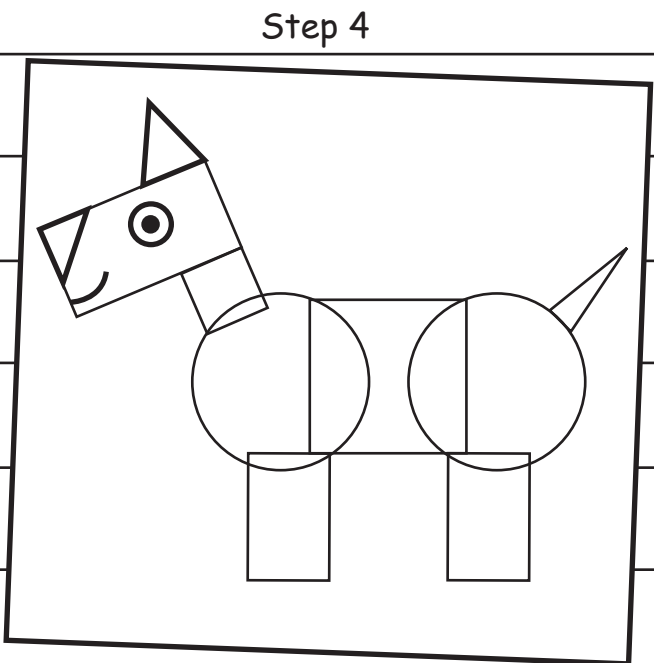
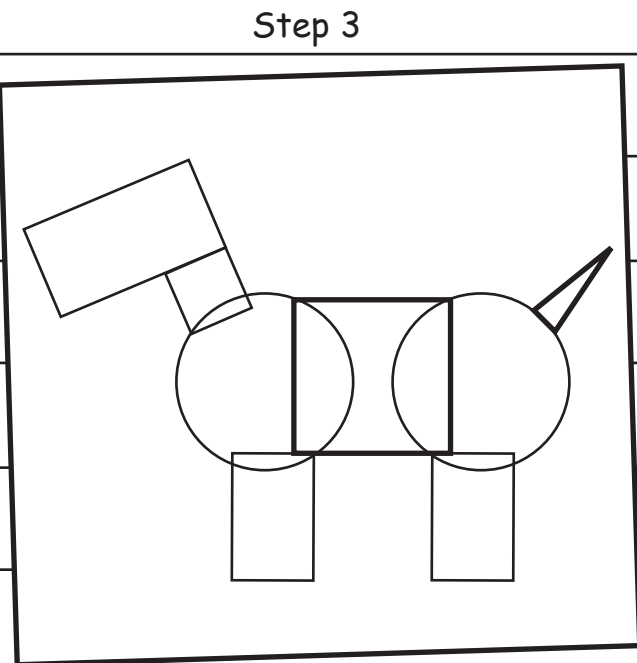
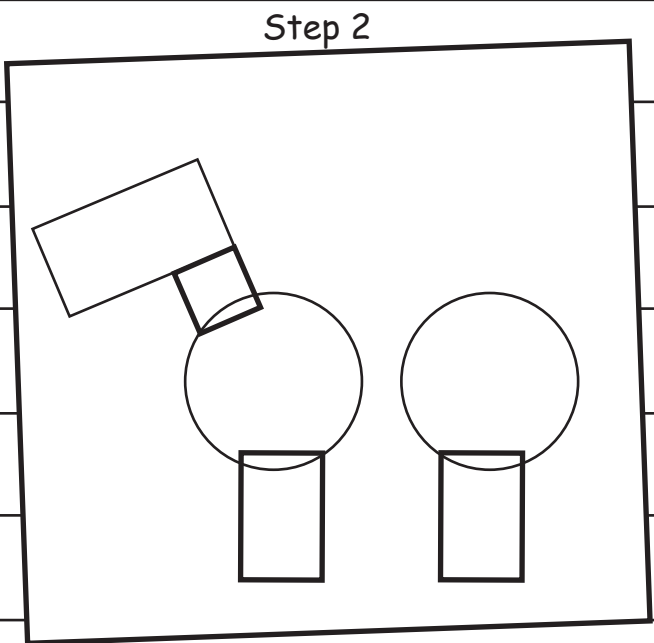
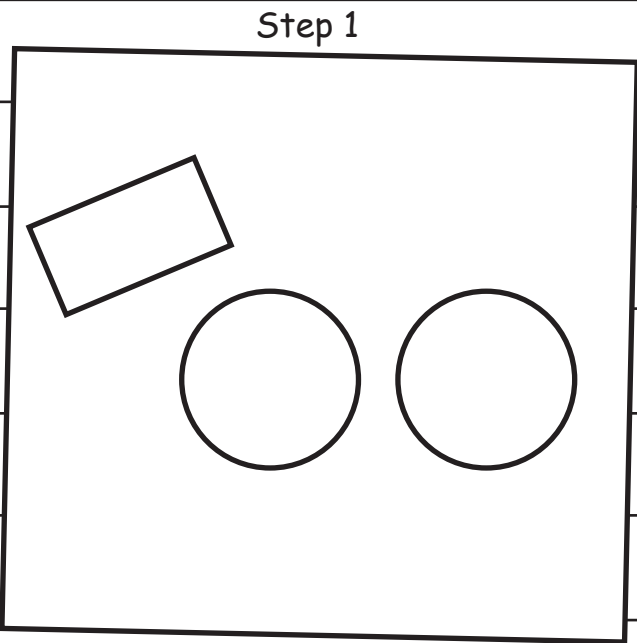
Spinning in circles in 30 seconds

## Directions

-Explain to your child that he has a special body that can do many wonderful things. Time him as he tries each of the activities and help him write how many he does. Help him make a goal.

# ART

My Art Goal:



### Directions

-On a separate piece of paper, have your child follow the steps to draw the dog. Help him make an art goal of what he wants to learn to draw or what colors and shapes he wants to learn.