



75 GOALS FOR PRIMARY AGE CHILDREN TO STRIVE FOR DURING THE CURRENT CRISIS

Here are some suggested goals for children to aim for during the current crisis. Parents, please make sure you are happy with the list before giving it to your children. Amend as necessary. Don't forget to praise them for trying all the new things listed in this resource.



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EVIDENCE-BASED APPROACHES TO PARENTING

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- 1 / I baked a cake.
- 2 / I interviewed older family members. ^[1]
- 3 / I learned to use a new piece of tech.
- 4 / I made someone feel better.
- 5 / I did something to support the NHS.
- 6 / I posted cards to people I love.
- 7 / I helped my parents with chores. ^[2]
- 8 / I was kind to my brother or sister.
- 9 / I asked a grandparent to read me a story via Skype/Facetime.
- 10 / I learned how to do something tricky.
- 11 / I learned a new sports skill.
- 12 / I exercised with my family.
- 13 / I read an amazing book and told my family about it.
- 14 / I went for a run.
- 15 / I went for a bike ride.
- 16 / I learned how to say my name in a new language.
- 17 / I found a pen pal and wrote a letter.
- 18 / I told my family jokes (that made them laugh).
- 19 / I put on a play in the living room. ^[3]
- 20 / I learned a poem off by heart.

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- 21 / I wrote a poem.
- 22 / I started a diary.
- 23 / I came up with a better way of organising something at home.
- 24 / I named the birds that appear in our garden.
- 25 / I showed my parents how to do something technical that was new to them.
- 26 / I drew a 'still life' and took time over it.
- 27 / I danced around the house with my family.
- 28 / I tidied and organised my room and people said "wow!"
- 29 / I wrote a list of the things I have overcome or excelled in this year.
- 30 / I thought of 3 ways in which I am really proud of myself.
- 31 / I gathered up old toys and clothes to donate to charity.
- 32 / I explored volunteering options with my family.
- 33 / I made a den.
- 34 / I shared something important to me with someone else.
- 35 / I learned to wash my clothes in the washing machine.
- 36 / I learned how to hang up clothes properly.
- 37 / I did a sock audit of the household (how many lost socks are there?).
- 38 / I made a sock puppet.
- 39 / I learned to skip.
- 40 / I learned to use a hula-hoop.

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- 41 / I made a plan of goals I would like to achieve this year. ✓
- 42 / I wrote a list of all the people who are there for me. ✓
- 43 / I made someone smile who looked grumpy. ✓
- 44 / I came up with brilliant science questions and emailed them to my teacher. ✓
- 45 / I sang a song to my family over Skype. ✓
- 46 / I learned how to make an omelette or made an omelette for the family. ✓
- 47 / I grew some herbs in the kitchen. ✓
- 48 / I came up with a great story and read it to my family. ✓
- 49 / I found things to sell on eBay and learned to list them. ✓
- 50 / I learned to code. ✓
- 51 / I learned a new, tricky, word and was able to use it in a sentence. ✓
- 52 / I solved a maths problem. ✓
- 53 / I gave someone a compliment. ✓
- 54 / I made a movie using Lego. ✓
- 55 / I helped to cook my family a meal. ✓
- 56 / I learned to do some yoga. ✓
- 57 / I made a nature documentary by filming the wildlife in my garden. ✓
- 58 / I looked for shapes in the clouds. ✓
- 59 / I stayed up late to do some stargazing. ✓
- 60 / I had a water fight. ✓

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- 61 / I made an obstacle course. ✓
- 62 / I did the washing up after breakfast. ✓
- 63 / I painted rocks from the garden. ✓
- 64 / I wrote a song. ✓
- 65 / I started a book club with my friends. ✓
- 66 / I did leaf rubbings of all the leaves I could find. ✓
- 67 / I took photos of my family. ✓
- 68 / I did some sewing. ✓
- 69 / I did some research on the history of our home. ✓
- 70 / I learned a new card game. ✓
- 71 / I did a science experiment and wrote up my findings. ✓
- 72 / I found out about my family and made a family tree. ✓
- 73 / I learned to talk in a different accent. ✓
- 74 / I learned to hammer nails into wood. ✓
- 75 / I made a playlist of all the songs I love. ✓

^[1] See the resource on “50 Things to Ask Grandparents on a Video Call” available to download free from the shop: www.drkathyweston.com/shop

^[2] Stuck for ideas? Download the free ‘Chores’ resource from: www.drkathyweston.com/shop

^[3] Can the children design a poster to accompany the play on the computer?