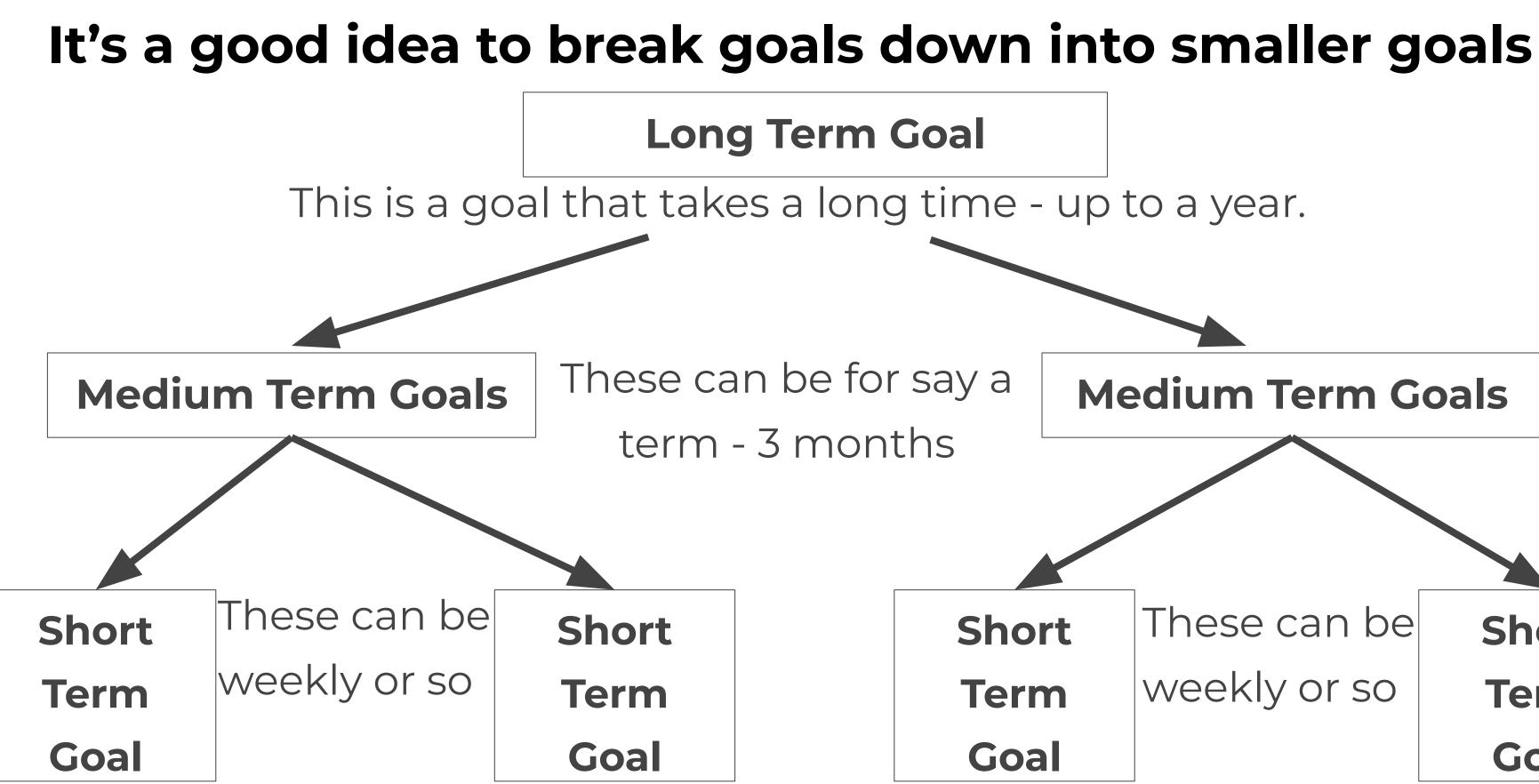
Occupational Therapy

Being Organised -Goal Setting

Aniesa Blore





Medium Term Goals These can be Short weekly or so Term Goal

Activity 1 - Write 1 long term goal for yourself

- Ask an adult to help you with your goal.
- Do they think it is achievable?



Activity 2 - Breakdown your long term goal

What **skills** do you need for your goal?

Gross motor skills: such as balance, kicking, catching, core strength Fine motor skills: such as writing, dexterity, bilateral skills, hand strength Visual perceptual skills: such as finding a hidden item, sorting and matching items Sensory skills: good touch, judge correct force, balance, not scared of loud noises



Activity 3 - Make 2 medium term goals

- Ask an adult to help you with your goal.
- Do they think the time you have set is achievable?



Activity 4 - Make 3 short-term goals

- Ask an adult to help you with your goals.
- Do they think the time you have set for each is achievable?

