

Occupational Therapy

Being Organised - Goal Setting

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It's a good idea to break goals down into smaller goals

Long Term Goal

This is a goal that takes a long time - up to a year.

Medium Term Goals

These can be for say a term - 3 months

Medium Term Goals

Short Term Goal

These can be weekly or so

Short Term Goal

Short Term Goal

These can be weekly or so

Short 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?

