



Duration: 30 mins



Materials Required: Pen and paper

Setting goals

Aim: To set yourself a few goals you want to achieve in the next 12 months.

Goal setting is an important life skill, a skill that is never too early to start developing.

Instructions:

In order to visualise goals, first you need to know what they are.

Spend some time getting clear on exactly what you want your goals to be and what you need to accomplish these, in no more than 12 months.

Do you want to walk or cycle a certain distance, or maybe learn a new skills on your bike or scooter?



Duration 60 mins



Materials Required: Cork board, magazine, glue, scissors

Creating the dream board

Aim: To make a dream board to help you reach the goals you have set.

You can use your dream board to stay motivated and focused as you work towards your goals.

Instructions:

Step 1: Find magazines, use web searches, anywhere you can get a hold of inspiring pictures. Focus on how the picture makes you feel, rather than what the object actually is. Make sure there is more than you need, having to decide what is most important to put on the dream board will make goals more motivating.

Step 2: Once the pictures have been cut out, it's time to arrange them on the dream board. Tip. Don't glue them straight away because they might need rearranging. Start by gluing the centre, leave the edges free from glue until last, to overlap in different ways.

Step 3: Take some time every day to look at the boards, this will help visualisation of goals and remind your child where they want to be. It will help them to stay on track to reach their goals

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Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at www.ibike.sustrans.org.uk