



Strengths, goals and aspirations

Age range: 7-11



What are aspirations?

Ambitions or goals that we hope to achieve; these might be short term or long term, ambitious or easily achieved, detailed or rough.



Definitions

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Realistic aspirations

Goals that you can achieve if you have the right skills and attitude.

Ambitious aspirations

Ones that need more experience or knowledge to achieve, but can be worked towards and broken down into smaller goals.



Aspiration:

Be awarded 'player of the match' in their football team at least once this year.

Goals

- Attend football training every week
- Listen to the coach, and as for support on building football technique and confidence
- Aim to score at least one goal per match



Example aspirations:

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**Receive good
feedback in my end
of year school report**



**Get more confident
in maths**



**Read at least 6 books
this year**

Spin the Wheel of Strengths

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Wheel of Strengths

- **Skills** – The things you're good at, for example listening
- **Interests** – The things you enjoy doing, for example swimming, reading
- **Personality traits** – Words people would use to describe you, for example funny or kind



Skills action plan

| Skill | What I'll do to work on it | Completion date |
|---------------|--|-----------------|
| Communication | <div>1. Volunteer to read in class more often</div> <div>2. Practise speaking in front of people in class presentations</div> <div>3. Play recall games with friends and family to practise listening skills</div> | December |
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