

iCAN personal goals

Milepost 2 Milepost 3



HINKERS At iCAN we think and reflect on our learning and experiences. This means we are able to think about issues raised by what we are learning, understand and respect the points of view of others whilst also considering how they impact our own lives. We are able to think about our strengths and weaknesses and how we can develop them.



Challenge 1: All About You

Draw a picture of yourself and write down things that you believe are your strengths and positive qualities.



Challenge 2: Targets

- What would you like to improve about yourself?
- Write yourself some weekly or monthly targets.
- Reflect on them after to see if you achieved them.
- Can you show how?





Challenge 3: Environmental Issues

- How can we at iCAN change a bit of the situation with global warming and water waste? Try to be creative!
- How could you save water when you have a shower, brush teeth..?
- How can you reduce food waste?
- How can we reduce global warming?
- **Research!**



Challenge 4: Charity

- How could you raise money for charity?
- Which charity would you choose and why?
- Can you set up a fund raiser of some sort and donate the funds to a worthy cause?
- Record evidence of your fund raiser.



Challenge 5: Reflection

- Have a chat with your parents about what you have learned today.
- Where did you learn this?
- Why?
- How could it be useful for your future?



Research your learning further...



Challenge 6: Giving advice

It is coming up to the summer holidays and Jenny has to travel to America by herself to visit family. She feels really nervous about flying for a long time on her own.

Can you write her a letter offering her advice on how to deal with the situation. Maybe you could give her some coping strategies that you have used if you have ever travelled alone.



Challenge 7: Past, Present, **Future**

Create a personal timeline of past, present and future life events.

You can include events that happened in your childhood. Important events that are happening now Things that you would like to happen in the future.





Challenge 8: Dilemma

- You see a man rob a bank. He then gives all of the stolen money to an orphanage. The orphanage is very run-down and old. They do not have much money for clothes and food.
- What would you do next...

A: Call the police and report the robber B: Do nothing and leave the thief and the orphanage alone. C: Something else?

Justify your decisions



To inspire every child to recognise their full potential, believe they can make a difference and respect themselves, others and the world in which they live.