

## What Is My Child Learning?

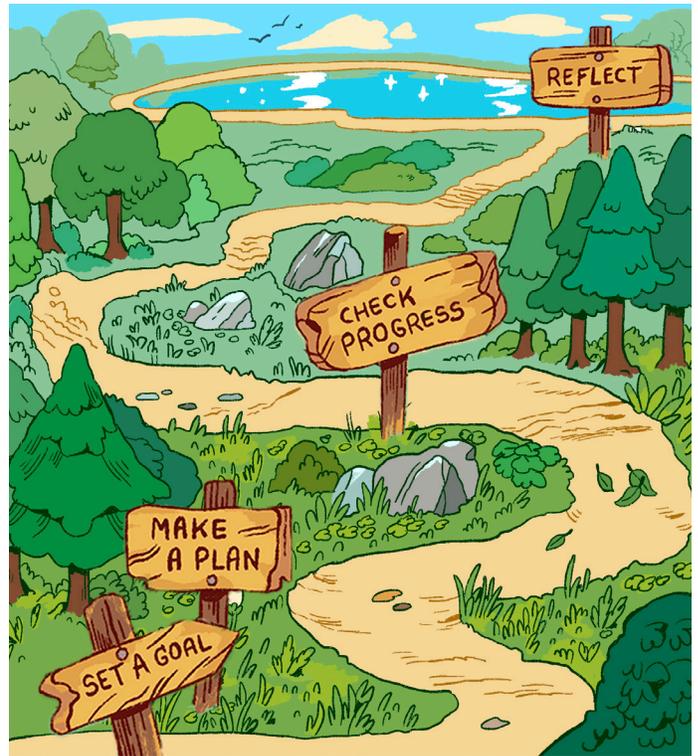
### Unit Themes

Your child is learning a multistep process to help them set and work toward a goal that is personally motivating to them. Fifth graders gain experience choosing a goal, creating a plan, checking their progress along the way, and reflecting on the process to gain insights for the future. They learn that a goal that's right for one person may not be right for another and that they can adjust a plan to keep moving forward when they run into something that blocks their progress.

### Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- **Have greater self-reliance**
- **Build stronger relationships**
- **Develop increased empathy**
- **Be better problem-solvers**



## Practice at Home

### What to Look For

**Notice and praise your child when** they make changes on their own that help them overcome roadblocks so they can keep working toward a goal. For example, if their goal is to turn homework in on time, you might see them change where or when they work. Instead of working in front of the television, they may choose a quieter spot. You can say, **I see you've changed your plan and found a better place to get your work done.**

### Try This!

**Discuss:** Describe a time you didn't achieve a goal. Reflect on what you did, including what you would do differently next time. For example, **I wanted more family time on the weekend, so I planned to do one extra chore every day during the week. I realize now that was unrealistic. Next time, I'll think more carefully about what I have time to do.**

**Practice:** Help your child practice setting milestones and checking progress as they work toward a goal. For instance, if your child needs to complete a report by the end of the week, you can ask questions such as, **How will you know you're on track? What will it look like when you're halfway done?**