



Goal setting cards for children

This printable set contains 80 cards, each reflecting a different skill or activity. Also included are cards designed to help young people sort the cards into groups based on strengths and challenges, and/or based on how important learning the skill is to them.

Great for use by occupational therapists, psychologists, other allied health professionals and educators for practical activities to help people explore their strengths, to set client-centred goals for therapy, and to support self-advocacy efforts.

Believe and Become, through the REACH UP initiative, is proudly delivering projects for the Peer Support and Capacity Building (PSCB) grant for the NDIS, including this free resource.



Getting dressed



Believe and Become



Using cutlery



Believe and Become



Showering or
bathing



Believe and Become



Bedtime and
sleep



Believe and Become



Homework and
assignments



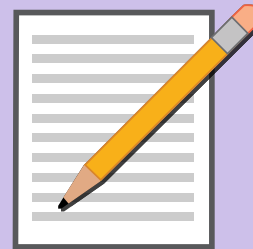
Believe and Become



School work



Believe and Become



Handwriting



Believe and Become



Drawing or
painting



Believe and Become



Keeping my
things tidy



Packing and
unpacking my bag



Following
instructions



Reading



Asking for help



Maths



Remembering
things



Eating different
foods





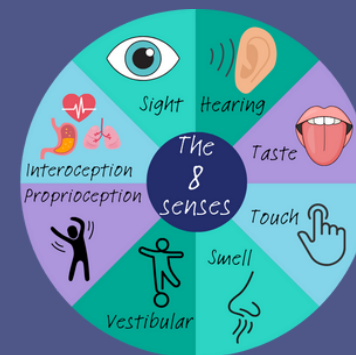
Managing my
energy levels



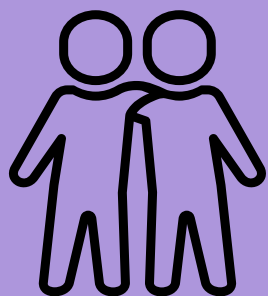
Managing my
stress levels



Using regulation
tools



Understanding
and meeting my
sensory needs



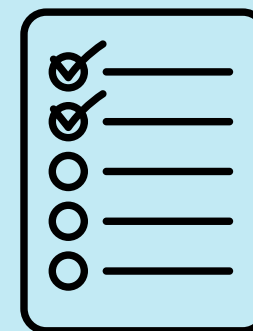
Making friends



Solving conflicts and
misunderstandings



Not giving up



Staying organised





Organising my
ideas



Understanding
my brain



Self-confidence



Communicating
with people I
know



Using technology



Typing



Cutting



Safety in the
community





Looking after
my hair



Looking after
my teeth



Helping with
chores



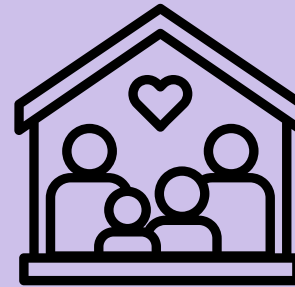
Managing my
time



Running,
jumping, climbing



Understanding
others



Getting along
with family



Using the toilet

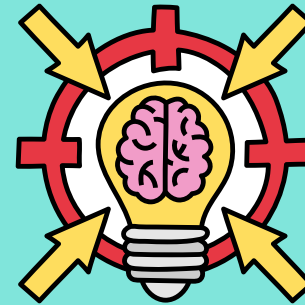




Staying safe
online



Advocating for
my needs



Staying focused



Understanding
myself



Kicking, throwing,
catching



Playing sports



Tying shoelaces

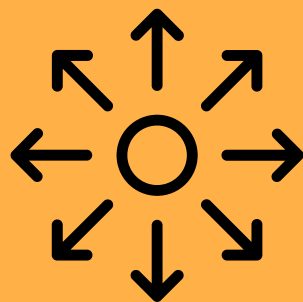


Riding a bike





Puzzles, Lego,
making things



Trying new
activities



Going new places



Playing video
games



Finishing tasks



Playing safely
with others



Understanding
my emotions



Talking about my
feelings





*Coping with
changes*



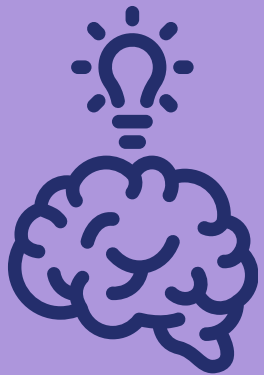
*Moving between
activities*



Being patient



Staying healthy



*Understanding how
I learn best*



*Asking for
accommodations*



*Connecting with
people who share
my interests*



Solving problems

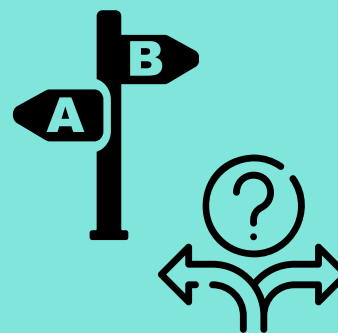




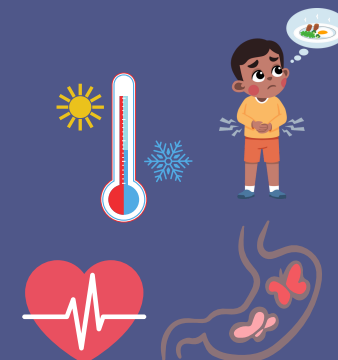
Understanding
and using money



Saving money
for a goal



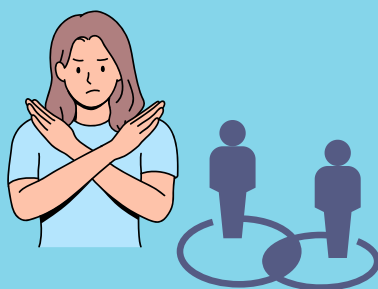
Making choices
and decisions



Understanding
my body clues



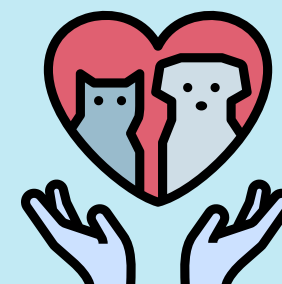
Having positive
relationships



Understanding
personal
boundaries

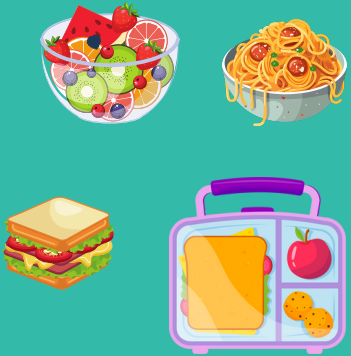


Getting around
places I want to go



Caring for pets





Preparing a
snack or meal



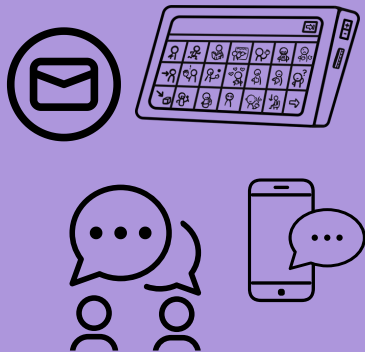
Keeping track of
my belongings



Joining in with
others



Community sports
and activities



Communicating
with new people



Attending
celebrations and
events



Having visitors



Visiting others



*This is
easy for
me*



*This is a little
tricky for me*



*This is really
hard for me*



*Use these three
sorting cards to
facilitate
identifying
strengths and
challenges*

*I don't want
or need to
work on this*



*I would like to
work on this*



*Working on
this is a top
priority*



*Use these three
sorting cards to
facilitate client-
centred goal
setting*