

Goal Setting Activity for Juniors & Cadettes (4–8)

Purpose: Help Girl Scouts set and track SMART cookie goals in a fun, empowering, and age-appropriate way.

Activity: "SMART Cookie Goals"

Time: 30–45 min

Materials: SMART goal worksheet, markers, cookie order card, troop goal info

1. **Intro SMART Goals** (use posters or visuals to explain):
 - Specific, Measurable, Achievable, Relevant, Time-bound
2. **Personal Goals:** Each girl chooses a goal (ex: number of cookie packages, customer service, talking to strangers).
3. **Write SMART Goals:** Girls complete a simple SMART goal sheet.
(Example: "I want to sell 250 packages of cookies by March 15 so I can earn the mini fridge reward.")
4. **Troop Talk:** Create a collective troop goal and talk about how everyone's goals contribute.
5. **Create a "Goal Board":** Girls decorate and display their goals on a shared board or wall.

Facilitator Tip: Encourage teamwork and peer feedback ("Is that goal realistic for the time we have?").

Ongoing Support:

- Use **visual trackers** at meetings (cookie meters, sticker charts, countdown posters).
- Do **weekly check-ins**: "What's one thing you did this week toward your goal?"
- Celebrate **small wins**: booth milestones, personal bests, teamwork.