BREAK IT DOWN

Activity overview: This activity will provide participants with opportunities to break down goals into easier steps for teaching purposes.

Directions:

1. Each person was asked at the beginning of the presentation to write down three goals they had for their personal lives.
   - Choose one goal and write it in one of the blank goal boxes on the attached form.
   - Breaking down your personal goal into smaller, easier parts.
   - How has breaking the goal down helped to make the goal achievable?

2. Next, choose three IEP or other learning goals from your own students. If you do not have goals from your own students, generate some ideas, or use some of the examples below.
   - Classifies, compares and contrasts objects, events, and experiences
   - Develops friendships with peers
   - Gets and puts on own clothing
   - Engages in conversations with peers and adults
   - Manipulates writing, drawing, and art tools

3. Write the goals into a blank goal box. Practice using the different ways of breaking goals down: smaller amounts, with help, step by step, or logical order.
   - The number of steps will vary depending on the child's needs and the nature of the goal.
   - Remember, each step should be small enough that it can be accomplished within a few weeks.

4. After breaking down the goals, meet with a partner, share one example, and describe the method you used to break down the goal.
   - What are some of the similarities and differences in the ways you broke down goals?

Goal:

Next step:

Next step:

Next step:

Current skill level:

Goal:

Next step:

Next step:

Next step:

Current skill level:

Goal:

Next step:

Next step:

Next step:

Current skill level:

Goal:

Next step:

Next step:

Next step:

Current skill level:

For more Information, contact us at: **NCQTL@UW.EDU** or **877-731-0764**

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