



# Change Goal Example

## Bedtime Goal

Teona is 7 years old and is learning to go to bed by herself.

Teona and her parents talked about this and Teona decided that her goal is to do 10 sleeps in her own bed in the next month without Mum or Dad/parent-carer having to lay with her



well done!



9

8

7

6

5

4

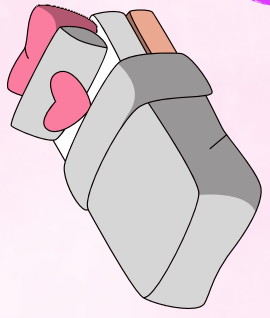
3

2

1

0





10

9

8

7

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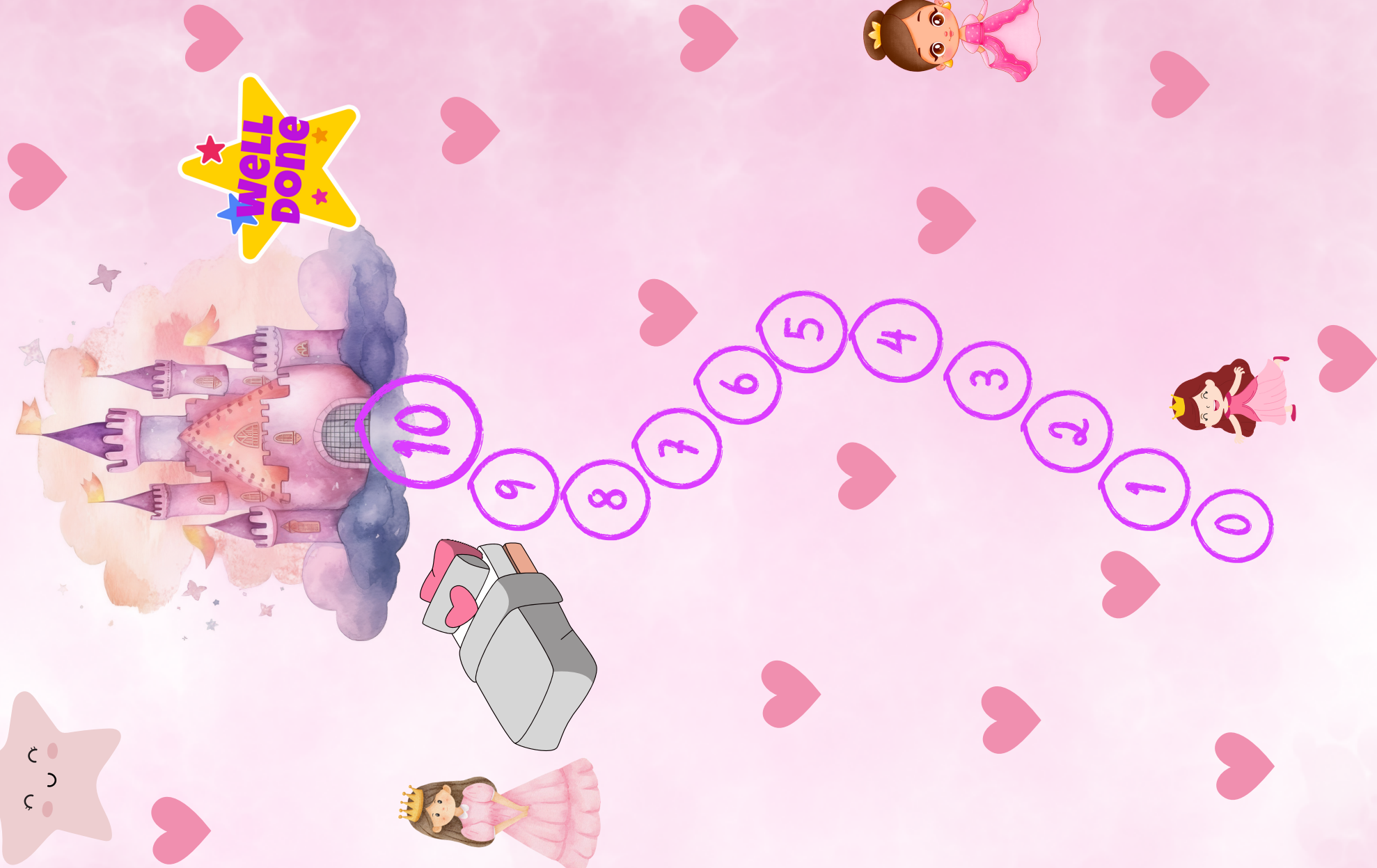
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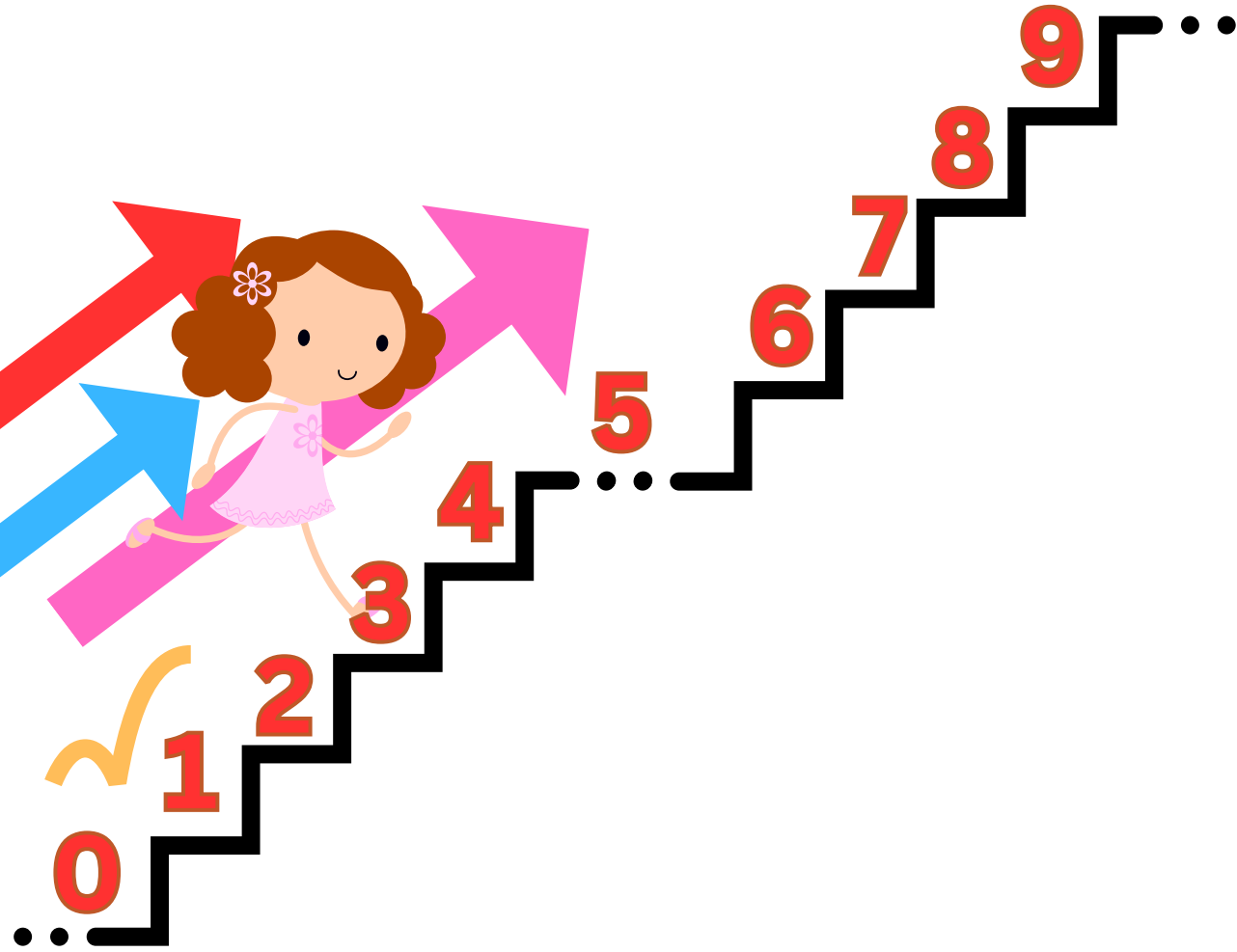
3

2

1

0





10





# Learning Goal Example

## Parent-Led Teeth Cleaning Goal

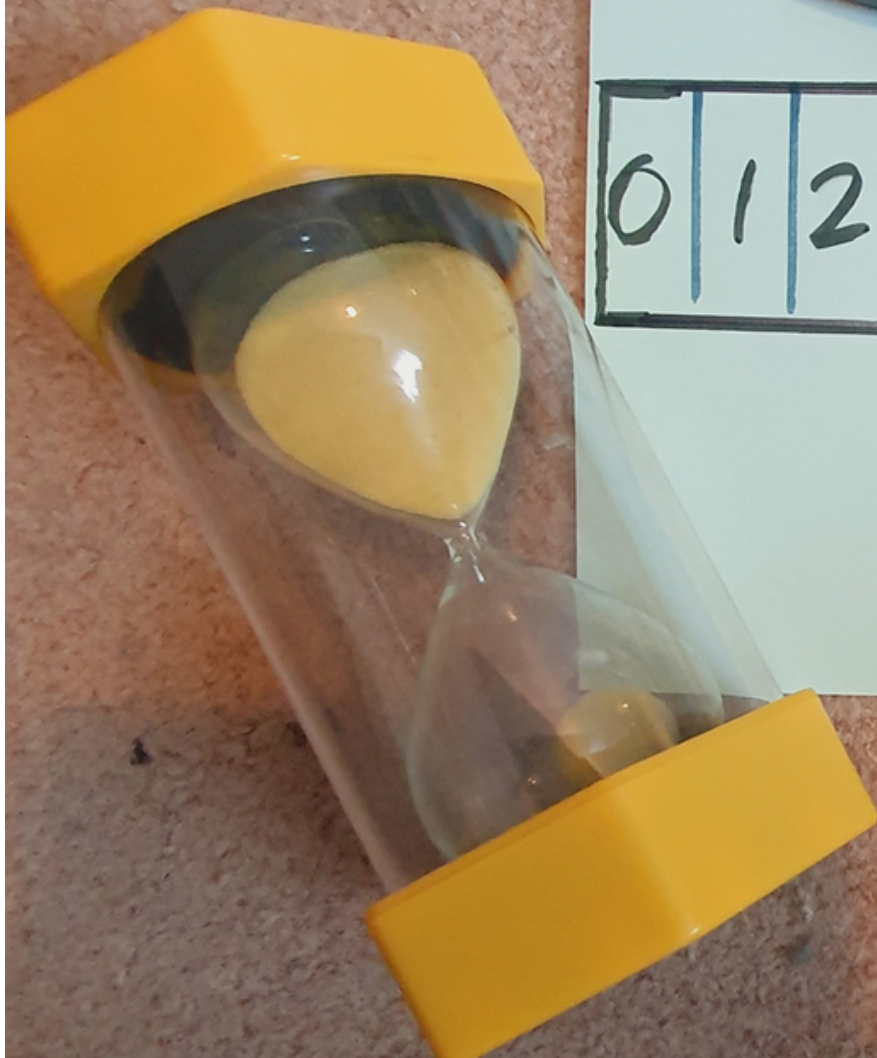
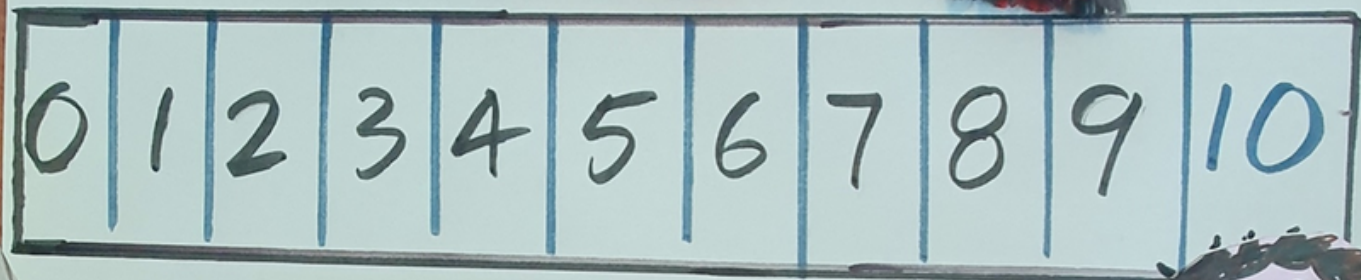
Mamood is a 9 year old boy with cerebral palsy.

He has some physical and mobility difficulties but he has good grip and can hold a brush to his mouth. His parents would like him to learn to brush his teeth independently and Mamood agrees to give it a try with his parents support.

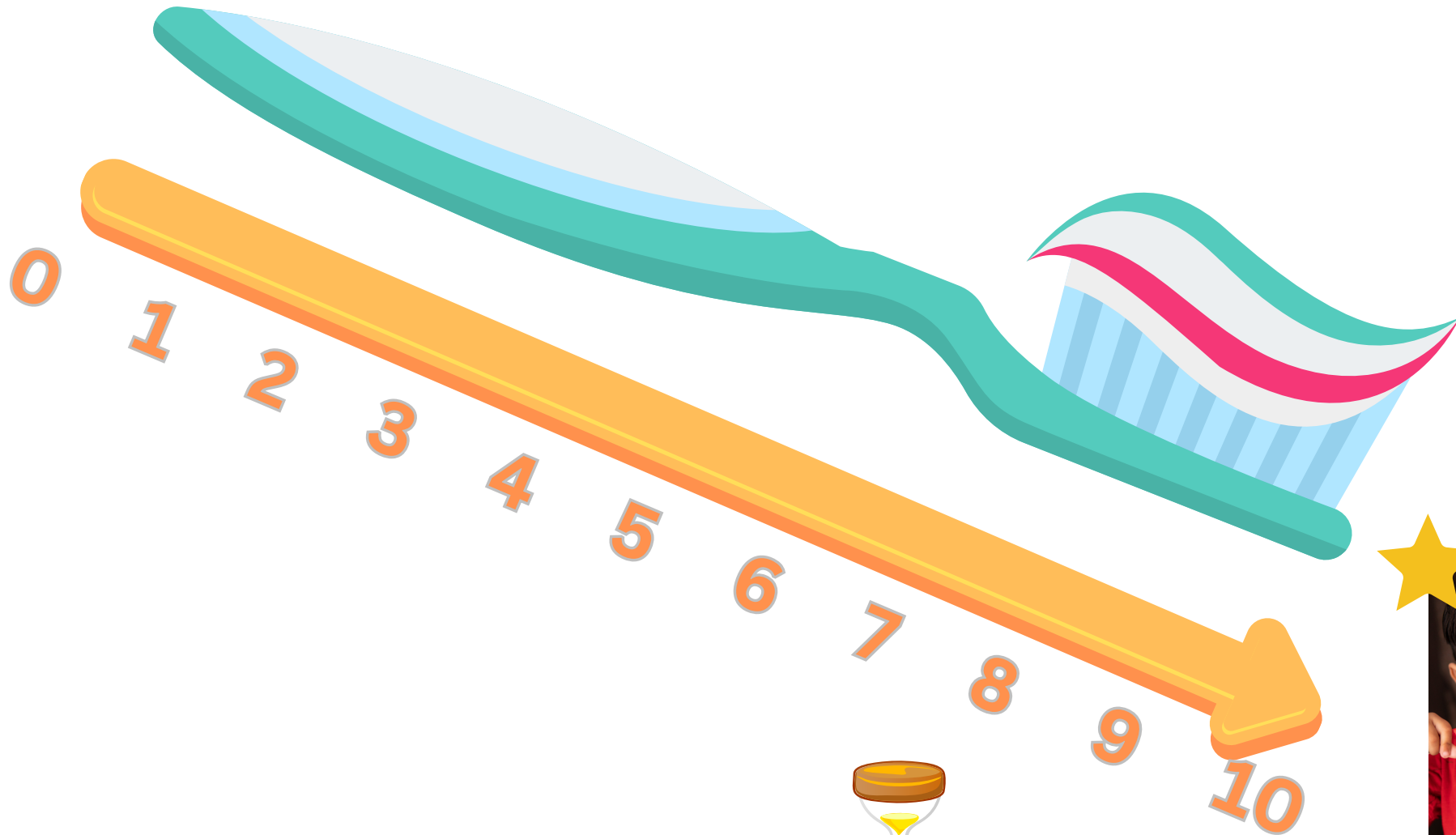
He is learning to brush his teeth for longer and longer each week-his goal is to reach 2 minutes (120 seconds)

He currently brushes them for 36 seconds = this would be rated 3 on the chart (3 x 12 seconds) 2 minutes =10 on the chart

Each week the aim is to increase teeth brushing by 12 seconds



# How long can I brush my teeth for today?



**Goal: Brush for 2 minutes**





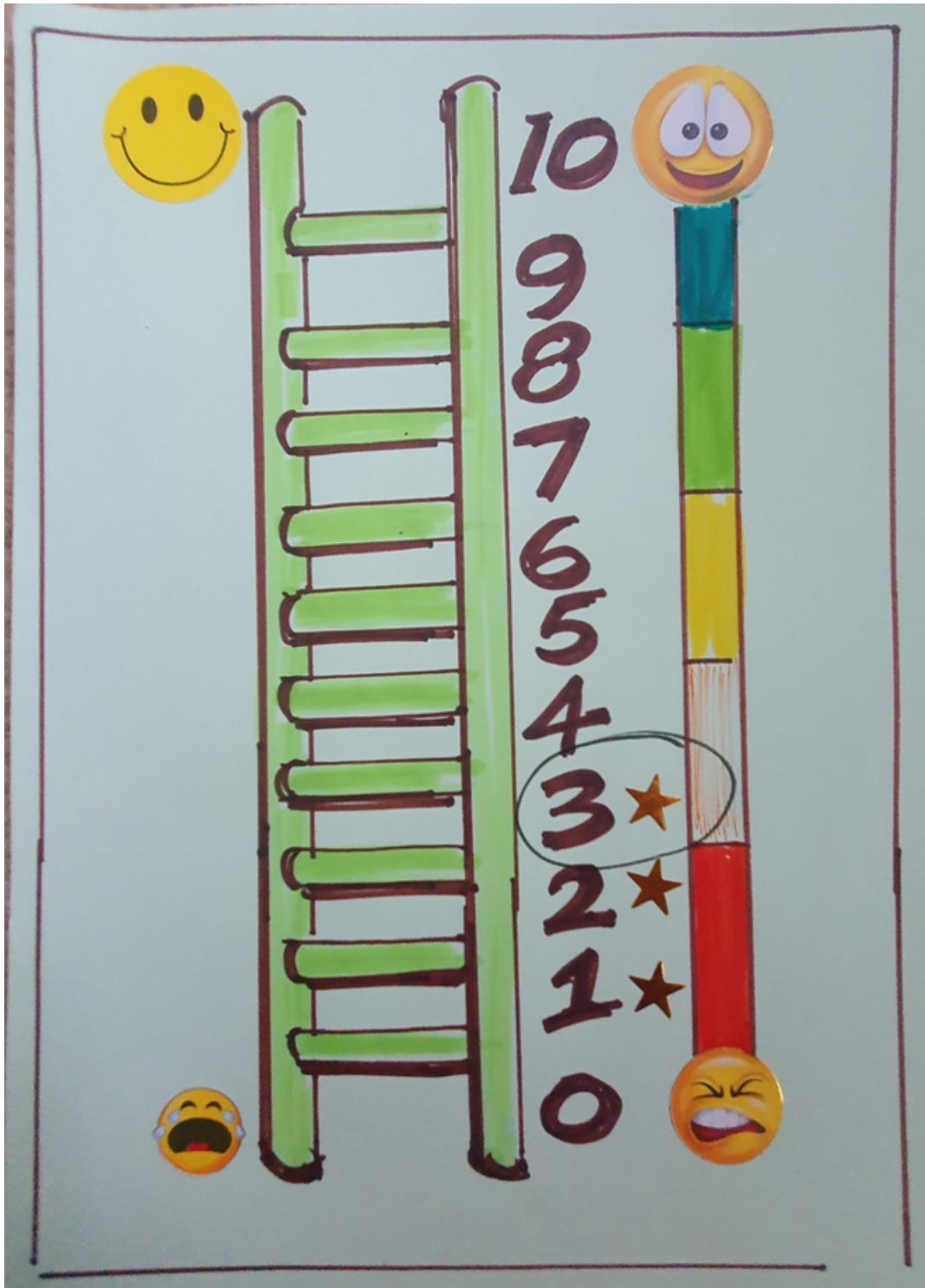
# Understanding/Exploration Goal Emotion Goals

Maddy is 11 years old and has moderate LD and physical disabilities.

She is learning how to manage her emotions with a goal of being calmer throughout the week (7 days in between next session).

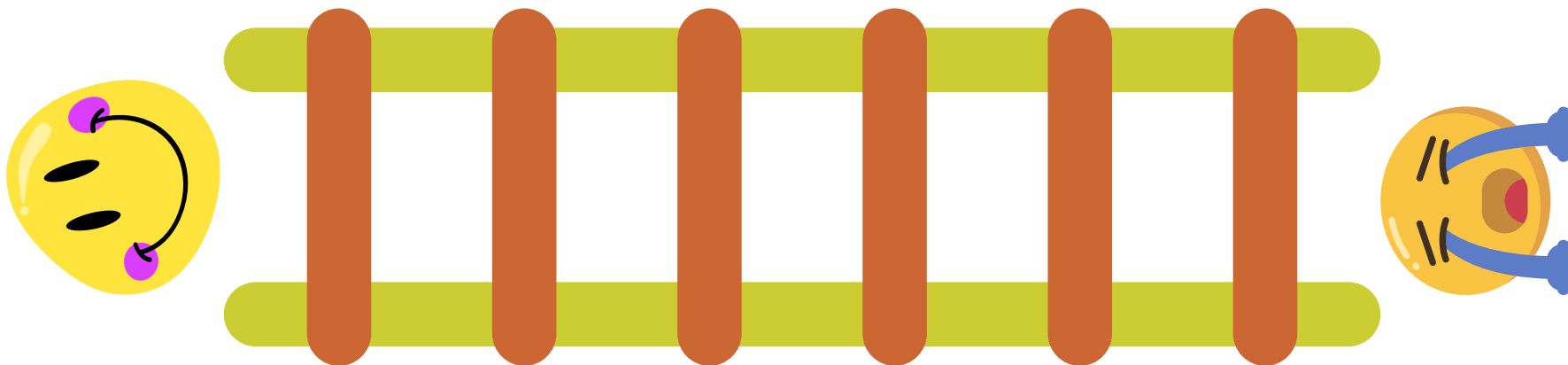
Each weekly check in session Maddy shares how calm she has been that week. 0-very angry .....10 very calm







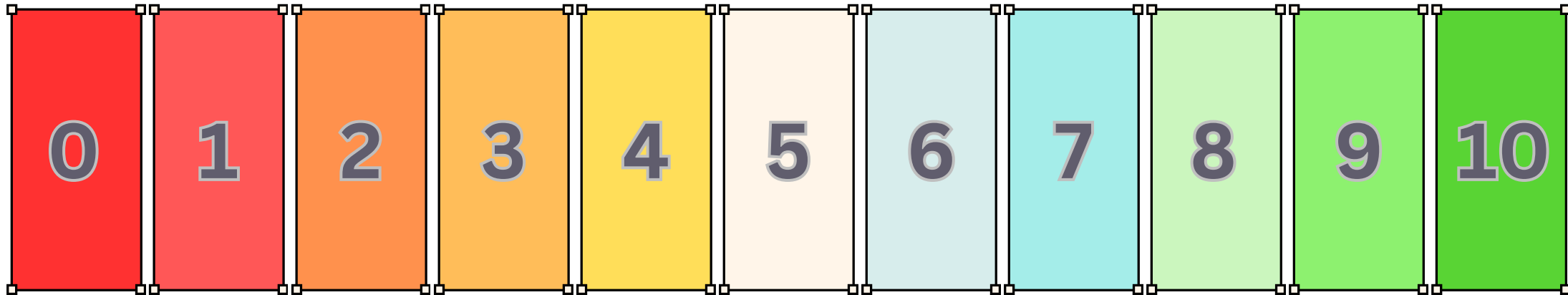
10 9 8 7 6 5 4 3 2 1 0





# How are you this week?

## Goal: To Feel Calmer



These are the tools I can use to help me feel calm:

1. Hand massage
2. Bubble Breathing
3. Relaxation with 5

(From PELICAN: Promoting Emotional Literacy in Children with Additional Needs, [www.sepsychology.co.uk/pelican](http://www.sepsychology.co.uk/pelican) Guidance pages 32-37, I CAN Relax activities and resources)



**0 = Not Calm**

**10 = Calm**

# Extra Emotion Goal Visuals

## Understanding Emotions



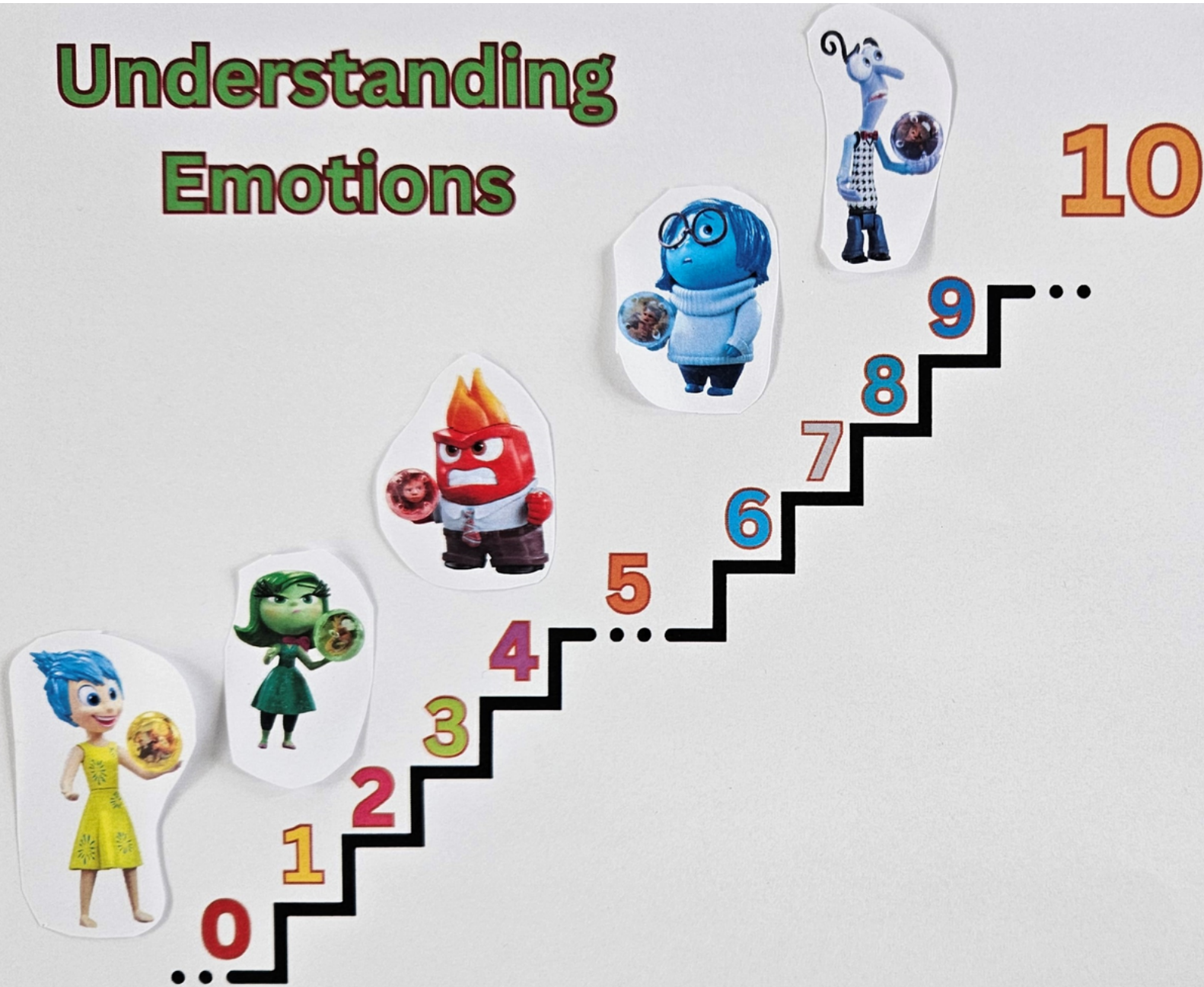
Goal: Name s

Ling is 7 years old and has Severe Learning Disabilities and is doing some work on recognising feelings. To start with, his carer uses characters from his favourite film. The Goal scale was 0= Ling does not point to any emotions..

10 -Ling reliably points to pictures of 5 emotions (happy, sad, angry, worried, disgust)

Understanding Myself

# Understanding Emotions



Goal: Name all of the emotions from Inside Out

## Chill skills-

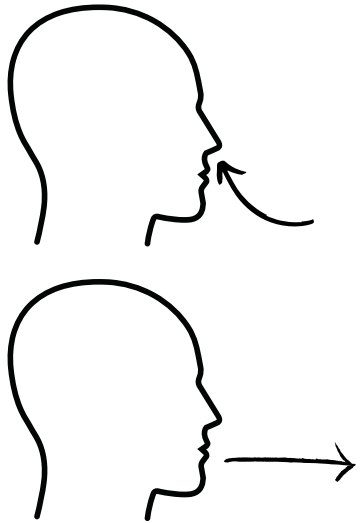
Goal: to learn how to use relaxation/to be more calm by practicing breathing in...holding breath...breathing out

Martha is 16 and has Severe Learning Disabilities and is supported to understand when she is feeling anxious and to try deep breathing techniques and counting.

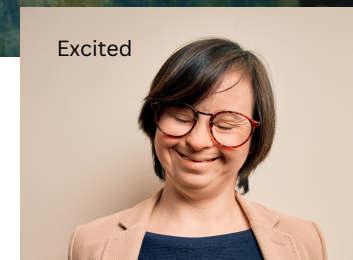
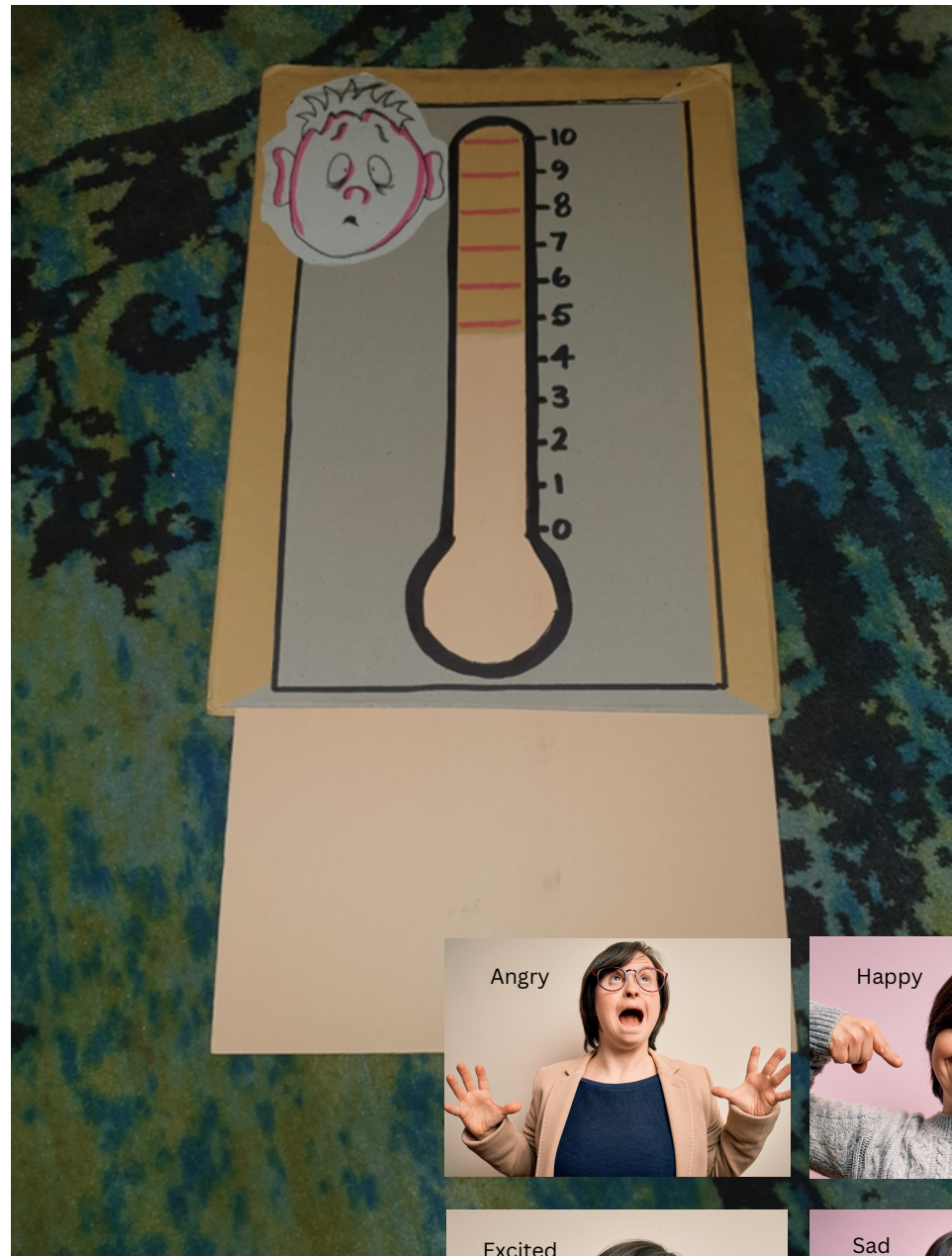
0- deep breathing has no effect

10- breathing is making me feel calm

She then marks her score on how well she feels her deep breathing was during the session or how many times she has used the technique in between sessions



Understanding Myself



Goal: I Can Think - To use my calming activities more often when I feel angry



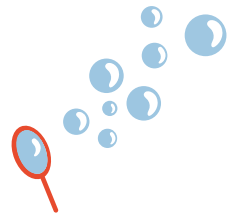
Using My Green Thoughts



Imagine My favourite place



Bubble Breathing



Use My 5 Senses Activity

## Step Plan

