



The Tortoise and The Hare Student Activity Sheet



Directions: Color the square *GREEN* (Tortoise/Turtle color) if it describes a GOOD strategy for setting a goal or following a plan to accomplish a goal. Color the square *BROWN* (Hare/Rabbit color) if it describes a behavior that does NOT involve goal setting or following a plan to accomplish a goal.

Set a goal and make a plan on paper.	1. This animal wrote down what time he would stretch and exercise everyday.	2. This animal wrote down the healthy food he would eat everyday.	3. This animal did not set any goal or write down any plan.
Tell someone about your plan and ask that person for help.	4. This animal asked his friend Squirrel to run the racetrack to look for problems.	5. This animal did not ask anyone to help him plan.	6. This animal asked Duck to reward him every time he got one second faster.
Put the plan into action and practice.	7. This animal got to bed at 8:00 every night just as he had planned.	8. This animal talked about lifting weights for the race but never did.	9. This animal ate a healthy, balanced diet that he had planned with his mother.
Check your progress and reward small steps.	10. This animal met his short-term goal of getting one second faster each day and rewarded himself with a cookie.	11. This animal didn't prepare in small steps. He didn't think he needed to improve in any way.	12. This animal met his short-term goal of getting to bed on time each night and bought himself two new pairs of socks.
Revise/change your plan if it is not working.	13. This animal found out that running too fast tired him out too soon, and he decided that slow and steady wins the race.	14. This animal found out that eating chocolate before bedtime kept him awake, so he stopped.	15. This animal kept making the same mistakes every time and didn't learn from them.
Don't quit until you have accomplished your goal.	16. This animal went to sleep before the job was done.	17. This animal never stopped following his plan until the goal was accomplished.	18. This animal didn't think he needed to make a plan to meet his goal.

My Learning Goal is...

One strategy for setting a goal and following a plan to accomplish that goal is...
