

# HELPING KIDS SET ACHIEVABLE GOALS (WITHOUT PRESSURE)

A gentle guide to little dreams & big confidence





## WHY “RESOLUTIONS” LOOK DIFFERENT FOR KIDS

Kids don't think in years. They think in moments, feelings, and experiences. So when we ask them to make big resolutions like “be better,” “read more,” or “behave,” it often leads to pressure — not motivation.

### ✨ For kids, goals should:

- Feel exciting, not heavy
- Be small enough to try
- Focus on effort, not outcomes
- Be flexible and allowed to change

♥ The real goal isn't achievement. It's helping kids believe: “I can try. I can learn. I can grow.”



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# HOW TO CREATE A KID-FRIENDLY VISION BOARD

**Instead of “I will...”, help kids think in softer language:**

“I want to try...”

“I want to learn...”


“I want to feel...”

 **Step-by-step (keep it simple):**

Take one sheet of paper  
Let your child draw, cut pictures, or stick stickers  
Choose only 3–4 ideas (max!)  
Let them lead – no correcting, no improving

 **Examples kids understand:**

- Try a new food
- Learn to ride a cycle
- Be brave at school
- Help set the table
- Make a new friend
- Finish a puzzle
- Feel calm at bedtime

 Helpful parent script:  
“Which of these feels fun to try?”  
“There’s no right or wrong choice.”



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# MAKING GOALS STICK (GENTLY)

## 1. Check in occasionally – not constantly

Instead of reminders, try curiosity:  
“How’s this going for you?”

“Want to try it again or change it?”  
Goals are allowed to evolve.

## 2. Celebrate effort loudly

Say things like:

- “You tried – that’s brave.”
  - “You kept going even when it was tricky.”
  - “I loved watching you practice.”
- Kids repeat what gets noticed.

## 3. Let goals change (this is important!)

If a goal stops exciting them – it’s okay to swap it.  
Flexibility teaches self-awareness, not failure.

## 4. Focus on feelings, not finishing

Ask: “How did that make you feel?”  
“What was fun?”  
“What felt hard?”

This builds emotional intelligence alongside confidence.

### ♥ PARENT REMINDER

Goals are not promises. They are possibilities. When kids feel safe to try – they grow confident, curious, and resilient. And you’re already giving them that space 🌱



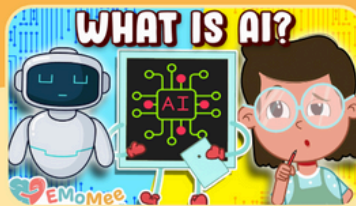
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## About Emomee:

### EMoMee™ on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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