

MIA & THE GOLDEN FLOWER

How to Use "Mia and the Golden Garden" to Teach SMART Goals

Help your child set and achieve their goals with this fun and easy activity inspired by Mia's story!

What are SMART goals?

A SMART goal is a plan that helps you achieve what you want by breaking it into small, clear steps. SMART stands for:

S - Specific

What exactly do you want to do?

Example: "I want to read 5 books this month."

M - Measurable

How will you know you've done it?

Example: "I will keep a checklist of the books I finish."

A - Achievable

Is this something you can do?

Example: "I can read 1-2 books a week because I have time after school."

R - Relevant

Why is this goal important?

Example: "Reading more will help me learn new things and do better in school."

T - Time-bound

When will you finish?

Example: "I will finish all 5 books by the end of the month."

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HOW TO USE THE STORY

1

READ THE STORY TOGETHER

Share Mia and the Golden Garden: A Goal-Setting Adventure" with your child.

Use the following questions to encourage discussion:

Before Reading:

- "What do you think the story will be about based on the title?"
- "Have you ever wanted to achieve something big, like growing a garden or learning something new?"

During Reading:

When Mia discovers the book:

- "Why do you think Mia wanted to grow the golden flower?"

When Mia starts her plan:

- "Why is it important to have a plan when you want to do something big?"

When challenges appear (rain, bunny, etc.):

- "How do you think Mia felt when the rain washed away her seeds?"
- "What would you do if something didn't go as planned?"

When the flower blooms:

- "How do you think Mia felt when she finally succeeded?"
- "What helped Mia achieve her goal?"

After Reading:

- "What did you learn from Mia's story?"
- "What was Mia's big goal? How did she make a plan to achieve it?"
- "What challenges did Mia face? How did she keep going?"
- "If you were Mia, what would you have done differently?"
- "How can you use Mia's story to work on your own goals?"

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HOW TO USE THE STORY

2

TALK ABOUT SMART GOALS

After reading, explain how Mia's steps match the SMART framework:

S – Specific: Mia wanted to grow a golden flower.

M – Measurable: She tracked the flower's height each week.

A – Achievable: She gathered seeds, water, and sunlight.

R – Relevant: Her goal helped build a playground.

T – Time-bound: She aimed to bloom the flower by the Spring Festival.

3

GUIDE YOUR CHILD IN SETTING A GOAL

Help your child choose a goal they care about. Use these prompts and use the kids activity sheet to guide you

- "What is something you really want to do?"
- "Why is this goal important to you?"
- "What small steps will help you achieve it?"
- "How can you tell if you're making progress?"
- "When do you want to finish?"

4

TIPS FOR PARENTS

Be supportive:

Encourage your child when they face challenges.

Keep it simple:

Goals should feel fun and manageable.

Model SMART goals:

Share your own goals and how you plan to achieve them.