



### This is how it works...

SMART structure		Our goal made SMART
<b>Specific</b>	Who	Amy
	What	Know some ways to keep calm and happy at school
	Where	Anywhere, wherever doing mentoring sessions
	When	By the end of mentoring in June 2019
	Why	Because Amy said she wants to feel happier at school
	How	Working out possible solutions to things that make Amy feel unhappy at school
<b>Measurable</b>	How will we know when it's done?	<p>Every session put on a timer for 30 seconds and each person will say, draw or act something that week that made us feel:</p> <ol style="list-style-type: none"> <li>1. Happy or excited</li> <li>2. Upset or angry</li> </ol> <p>Give each other advice on how to solve or improve the situations. Keep a list of all the ideas we have for the upset/angry situations that Amy feels could work.</p>
<b>Attainable</b>	Is this realistic?	Yes, because it will take two minutes (4 x 30 seconds) and it will be funny so we'll want to do it
<b>Relevant</b>	Would this be useful day-to-day?	Yes, because Amy goes to school every day and wants to feel happier when she's there
<b>Time-bound</b>	When will you achieve it by?	End of mentoring – we'll review the list in our last month of mentoring and practice the ideas Amy likes best

## Over to you! Goal 1

SMART		Our goal made SMART
<b>Specific</b>	Who	
	What	
	Where	
	When	
	Why	
	How	
<b>Measurable</b>	How will we know when it's done?	
<b>Attainable</b>	Is this realistic?	
<b>Relevant</b>	Would this be useful day-to-day?	
<b>Time-bound</b>	When will you achieve it by?	

**Agreed? Sign here:**

Child: \_\_\_\_\_ Mentor: \_\_\_\_\_ Parent/carer: \_\_\_\_\_

## Goal 2

SMART		Our goal made SMART
<b>Specific</b>	Who	
	What	
	Where	
	When	
	Why	
	How	
<b>Measurable</b>	How will we know when it's done?	
<b>Attainable</b>	Is this realistic?	
<b>Relevant</b>	Would this be useful day-to-day?	
<b>Time-bound</b>	When will you achieve it by?	

**Agreed? Sign here:**

Child: \_\_\_\_\_ Mentor: \_\_\_\_\_ Parent/carer: \_\_\_\_\_

## Goal 3

SMART		Our goal made SMART
<b>Specific</b>	Who	
	What	
	Where	
	When	
	Why	
	How	
<b>Measurable</b>	How will we know when it's done?	
<b>Attainable</b>	Is this realistic?	
<b>Relevant</b>	Would this be useful day-to-day?	
<b>Time-bound</b>	When will you achieve it by?	

**Agreed? Sign here:**

Child: \_\_\_\_\_ Mentor: \_\_\_\_\_ Parent/carer: \_\_\_\_\_