

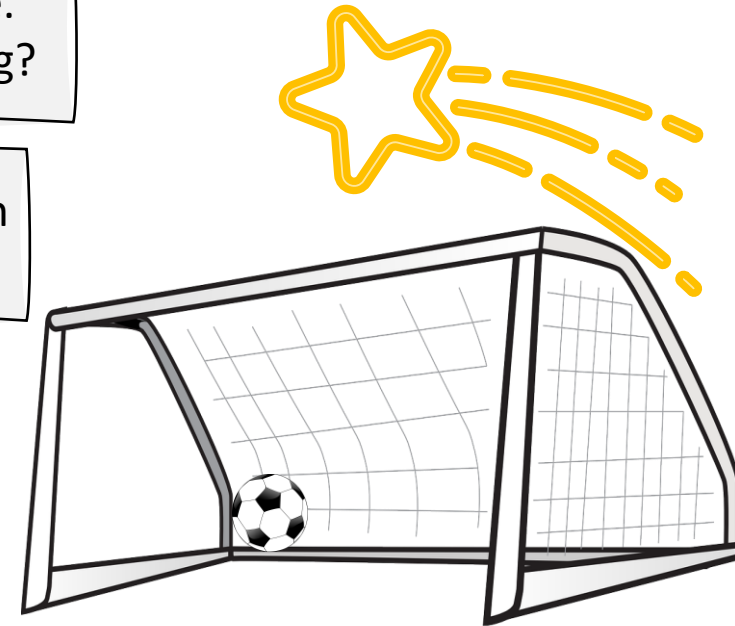
GOAL!

Activity 1: Goal Celebration

Getting started: Think about how you would celebrate if you scored a goal. Check out some inspiration [here](#).

You'll need:
Paper, pencils, camera or camera phone (with permission from an adult at home)

- 1 Write down 5 different ways to celebrate a goal in sport or another part of life. Would you share your achievement with a loved one? Do a dance? Sing a song?
- 2 Using your list to help you, create your own unique goal celebration. You can use others' celebrations as inspiration or make something totally unique.
- 3 Practice your goal celebration a few times to help you remember!



Extra Time

With help from someone at home, film an epic goal followed by your celebration.

GOAL!

Activity 2: Three stars and a goal!

Instructions: Use the spaces below to write down 3 things you do well in sport or at home (★), and one goal you'd like to get better at (🎯).



You'll need:
Some time and space to think, a pencil. You can write on this sheet or a separate piece of paper.

TOP TIP!
Not sure what to write? Ask a trusted friend or family member to help.

Do you have a CU Scotland Aspire account?
Don't forget to log your credits!

www.CUS-Aspire.com

Extra Time

Speak to a trusted teacher, carer or friend about your stars and goal.