

English

Grade 3

New Year reading comprehension: goals you can reach

Read how to make a New Year's resolution that works, then write 3 SMART goals.



I can explain what makes a goal specific and measurable and write my own goals.

1



Make it SMART



At the start of a new year, many people make a resolution. A resolution is a promise to yourself to do something better. But some resolutions are forgotten by February. How can you make one that lasts?

Many teachers use the word SMART. A SMART goal is Specific, Measurable, Achievable, Relevant and Time-bound. That sounds like a lot, but it is simple.

"I will read more" is not a SMART goal. It does not say how much or by when. "I will read for 20 minutes every night until the end of March" is SMART. You know exactly what to do, and you can check it off on a calendar.

Good goals are also possible. Reading 100 books in one week is not realistic, so you might give up. Start with a small step, keep track, and celebrate when you reach it!

2

**Check your reading**

Circle the best answer.

1. What is a resolution?

A A promise to yourself to do something better

B A kind of party

C A calendar

2. Why is 'I will read more' not a SMART goal?

A It is too long.

B It does not say how much or by when.

C Reading is not important.

3. What does 'measurable' mean?

A You can count or check it.

B It is very big.

C It is a secret.

3

**SMART or not?**

Write each goal in the right column.

I will be nicer.

I will practice 10 spelling words every Monday in January.

I will get better at math.

I will run one lap of the track each recess this week.

I will clean more.

I will make my bed every morning this month.

SMART goal

Not SMART yet

4

**True or false**

Circle the right answer.

1. A good goal says what you will do and by when.

True

False

2. Reading 100 books in one week is a realistic goal.

True

False

3. Tracking your goal on a calendar can help.

True

False

4. SMART goals must be very hard.

True

False

5 What SMART means

Draw a line from each word to its meaning.

☐

Specific



● A. It has an end date.

☐

Measurable



● B. It matters to you.

☐

Achievable



● C. You can count or check it.

☐

Relevant



● D. It says exactly what you will do.

☐

Time-bound



● E. It is possible for you to do.

6 Goal words

Use the word bank to finish each sentence.

WORD BANK

resolution

measurable

realistic

track

celebrate

1. A _____ is a promise to yourself to do something better.

2. A goal you can count or check is _____.

3. Reading 100 books in one week is not _____.

4. You can keep _____ of your goal on a calendar.

5. When you reach your goal, _____!

7



Goal tracker

Multiply to find the total for each goal.

Goal	Each day	Days	Total
Read	20 minutes	7	
Spelling practice	10 words	5	
Jumping jacks	15	4	
Save money	\$2	6	

8



Make it SMART

Circle the best answer.

1. Which goal is SMART?

A I will draw more.

B I will draw one picture every Saturday in February.

C I will be a great artist.

2. "I will practice piano every day." What is missing?

A how long and until when

B what I will do

C the word piano

3. Kai wants to read 4 books this month. What is a good first step?

A Read all 4 books today.

B Read 1 book in the first week.

C Wait until next month.

9



My 3 goals

Write 3 SMART goals for this year: one for school, one for home and one just for fun.

Three horizontal lines for writing.

How did it go?



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English

Grade 3

Answer key

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3 SMART or not?

Write each goal in the right column.

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I will practice 10 spelling words every Monday in January.

I will get better at math.

I will run one lap of the track each recess this week.

I will clean more.

I will make my bed every morning this month.

SMART goal

I will practice 10 spelling words every Monday in January., I will run one lap of the track each recess this week., I will make my bed every morning this month.

Not SMART yet

I will be nicer., I will get better at math., I will clean more.

4 True or false

Circle the right answer.

1. A good goal says what you will do and by when.
2. Reading 100 books in one week is a realistic goal.
3. Tracking your goal on a calendar can help.
4. SMART goals must be very hard.

True

False

True

False

True

False

True

False

5 What SMART means

Draw a line from each word to its meaning.

D Specific



● **A.** It has an end date.

C Measurable



● **B.** It matters to you.

E Achievable



● **C.** You can count or check it.

B Relevant



● **D.** It says exactly what you will do.

A Time-bound



● **E.** It is possible for you to do.

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Use the word bank to finish each sentence.

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resolution

measurable

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celebrate

1. A resolution is a promise to yourself to do something better.
2. A goal you can count or check is measurable.
3. Reading 100 books in one week is not realistic.
4. You can keep track of your goal on a calendar.
5. When you reach your goal, celebrate !

7

**Goal tracker**

Multiply to find the total for each goal.

Goal	Each day	Days	Total
Read	20 minutes	7	140 minutes
Spelling practice	10 words	5	50 words
Jumping jacks	15	4	60
Save money	\$2	6	\$12

8

**Make it SMART**

Circle the best answer.

1. Which goal is SMART?

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B I will draw one picture every Saturday in February.

C I will be a great artist.

2. "I will practice piano every day." What is missing?

A how long and until when

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A Read all 4 books today.

B Read 1 book in the first week.

C Wait until next month.

9

**My 3 goals**

Write 3 SMART goals for this year: one for school, one for home and one just for fun.

Answers vary. Each goal says what, how much and by when. Example: I will read for 20 minutes every school night until spring break.

Three horizontal lines for writing.

How did it go?



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