

[whistle]

Lingokids: Lingokids.

Cowy: Stretch a bit higher. One last stretch and I can almost reach the ceiling.

Elliot: Oh, Yik Cowy. Why did you climb up the chair? Why are you standing with your arms stretched all the way up?

Cowy: Elliot, my goal is to become tall this year.

Elliot: Do you need anyone to grow a bit?

Cowy: No, I want to become very tall.

Elliot: Can you even do that?

Cowy: Of course. You just need to use a goal.

Elliot: Oh, wow.

Teacher: Oh, wait, wait, wait. Haven't you heard that the goals need to be achievable?

Cowy: What?

Elliot: What?

Teacher: Welcome to storytime by Lingokids, where we discover fascinating facts about the world around us and the fun of play learning. This is a great time to talk about what it means to have goals that are achievable.

Elliot: You mean goals? Like when we played our first soccer match last year?

[background noise]

Teacher: Not those kinds of goals, Elliot. The kind of goal that I'm talking about is something that you want to achieve. For example, what you want to be or what you want to do when you grow up.

Cowy: Don't we have another podcast about that?

Teacher: Yes. It's called *Growing Up*. Lingokids listeners, I'm sure you'll love listening to that one too. In the meantime, let's think about some goals and imagine what we want to be.

Cowy: That sounds fun.

Elliot: Yes. I want to as well.

Cowy: Here. Stand in front of the mirror and use your imagination.

Elliot: Okay.

Speaker 4: Okay.

Lisa: Mirror, mirror. Some kids at school told me I have short ears, so when I grow up, I want to have very long ears like a rabbit, but, I want to have super hearing.

Elliot: Mirror, mirror. Some kids say I run slow, so I want to have wings like a bird and fly really, really fast.

Teacher: Those may be fun things to imagine, but there's one problem.

Lisa: What?

Elliot: What?

Teacher: Those are not goals because they're not realistic. Goals should be challenging, but achievable.

Lisa: What do you mean?

Teacher: Well, they should be something that's possible. Ears are not something you can grow, Lisa.

Lisa: Aww.

Teacher: But that's okay. You shouldn't let other people make you feel bad about your ears. You look great just the way you are.

Lisa: Thanks.

Teacher: You are amazing already. If you want super hearing, maybe a realistic goal could be to become an inventor and invent a better hearing device for people who don't hear very well.

Lisa: That sounds hard.

Teacher: It might be, but it's possible. Now, Lingokids listeners, do you think it's possible for Elliot to grow wings?

Lingokids: No.

Teacher: And do you think he needs to be fast or have wings to be amazing?

Lingokids: No.

Lisa: You're already amazing. You're funny and super nice.

Teacher: If you want to be faster, you could practice running and setting a goal to beat your own running record. It's better to challenge yourself than to compare yourself with others.

Billy: [whistles]

Cow: Plus, Billy says, flying isn't all that.

Teacher: And if you do want to fly, a realistic goal would be to work hard and become a pilot when you grow up. So you can fly an airplane.

Elliot: Yes, I can do that.

Teacher: Now Cowy, look in the mirror again, and imagine what you might like to be when you grow up.

Cowy: Well, I guess I can't just become super tall, but at least I can still grow and I can set other achievable goals.

Lisa: You're great at painting Kelly.

Cowy: I guess I am. I think I would like to be an artist when I grow up. Maybe just a bit taller.

Teacher: That's a great goal, Cowy. In fact, you already are an artist, but you can be an even better one if you keep practicing.

Lisa: Yay. How about you put face paint on us too and make us look like different animals.

Elliot: Yes.

Cowy: That sounds fun. Okay.

Teacher: Lingokids listeners, we had a great time today talking about goals and getting face paintings done by Cowy. We learned that goals should be realistic and achievable. Remember, never let other people make you feel bad about how you are or what you look like. If you are ready for interactive play learning time, explore our Lingokids app. It offers fun and educational songs and games to help kids ages two and older learn and develop important skills such as communication, collaboration, critical thinking, and creativity. That's the power of play learning. See you in our next episode.

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