

## The Objectives and You

You may not be aware of it, but much of what you do every day is related to the 38 objectives for development and learning that are central to *Teaching Strategies® GOLD™*. Your task is to determine which of the following you or someone else in your discussion group did or will do today:

1. Manage a strong emotion.
2. Meet a new person or communicate with a familiar person.
3. Solve a social problem with a family member or colleague.
4. Exercise (e.g., walk, run, bike, swim, or do yoga or Pilates).
5. Use fine-motor skills.
6. Use complex language.
7. Learn a new word. (*List the word:* \_\_\_\_\_.)
8. Have a 30-minute conversation.
9. Solve a problem that has more than two possible solutions.
10. Use a resource to find an answer.
11. Remember an experience similar to this task.
12. Categorize something on the basis of more than one characteristic. (*List the item:* \_\_\_\_\_.)
13. Think about a situation that is not immediate.
14. Write a rhyming poem spontaneously.
15. Recognize and name all 26 letters of the English alphabet.
16. Use a cookbook, phone book, or other text to find information.
17. Read a book.
18. Write a message to yourself or someone else.
19. Use numbers.
20. Read a map or follow directions.
21. Use measuring tools.
22. Identify a pattern.