

Small Steps, Big Outcomes

Lesson Objective:

Students will understand the concept that small actions, whether positive or negative, lead to larger outcomes. By the end of the lesson, students will be able to recognize how consistent effort in small tasks leads to big achievements and will practice setting small, achievable goals.

Materials Needed:



- Copy of Chapter 22, *Small Steps, Big Outcomes*
- Pencils and markers
- S.T.A.R. Strategy Poster
- Small Steps, Big Goals worksheet
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion on how small steps over time can lead to big outcomes.

Greeting and Circle Time Teacher Script

Warm Welcome and Opening Discussion:

- “Welcome back from spring break, everyone! Today, we’re going to talk about something really important, how the small actions we take every day can lead to big outcomes in our lives. You might not notice the results right away, but over time, small efforts can make a big difference, whether it’s in school, sports, or even your hobbies.

Discussion Starter

- For example, what do you think happens if you practice your favorite hobby every day, even if it’s just for 10 minutes?”
(Allow students to respond with examples like getting better at sports, learning an instrument, etc.)

Read the Chapter (15 minutes)

Story Time Outline:



- Read Chapter 22 aloud. Pause at key moments to engage students and make sure they are following the story.
- Ask questions during key parts of the story.

Story Time Teacher Script:

Prepare the Students for the Story:

- “Well, today, we’re going to see how Ollie and his friends learn this lesson in the chapter we’re about to read!”
- (Read the chapter aloud, pausing at key moments to ask questions and engage the children.)

Read the Chapter with Emphasis on Key Moments:

- **While reading**, pause during key moments.
- **Ask Questions:**
 - Why did Sammy feel upset about his guitar practice during spring break?
 - How did Harriet feel about not practicing her soccer moves as much as she had planned?
 - What did Buzz say about his science project, and why was he worried?
 - What advice did Bennie give to the group about small actions?
 - How did Ollie help the group think about their small actions leading to bigger results?
 - What example did Betty give about small actions adding up over time?
 - Why is it important to take small steps every day, according to the squad?
 - How did Harriet use her energy to stay motivated for her soccer practice?
 - What did Buzz decide to do to stay on track with his science project?
 - How did the group feel after taking small steps consistently throughout the week?

Chapter 22: *Small Steps, Big Outcomes*

It was the first day back at school after spring break, and Ollie, Harriet, Bennie, Sammy, Buzz, and Betty were excited to see each other again. The sun was shining, and the air felt warm and fresh, signaling that spring had officially arrived. As they sat together during lunch, the conversation shifted to what they had accomplished, or, in some cases, hadn't accomplished, over the break.

"I meant to practice my guitar every day," Sammy said, frowning slightly. "But I ended up not practicing much. Now, I feel like I've forgotten everything I learned before the break."

Harriet, always full of energy, nodded sympathetically. "I get that! I was going to practice my soccer moves, but I only did it once. Now I feel like I'm behind."

Buzz, who was usually full of creative ideas, sighed. "I was supposed to work on my invention for the science fair, but I kept putting it off. Now I'm not sure I'll be ready in time."

Bennie, ever the steady voice of reason, looked thoughtful. "I think we all forgot that small actions add up, whether we do them or not. It's like we didn't take enough small steps, so now we're feeling the bigger consequences."

Ollie, always the planner, nodded. "Yeah, but the same thing can work the other way, too. If we take small steps every day, even if they seem like tiny things, they can lead to big results."

Betty, ever the problem-solver, agreed. "It's like brushing your teeth. If you do it every day, you don't really notice the impact right away. But if you stop brushing for a while, you get cavities. The little things add up."

The group realized that their experiences over the break were a lesson in how small actions, whether positive or negative, could lead to larger outcomes. And now, they had a chance to turn things around by using their personal strengths to stay on track.

Small Actions, Big Consequences

As they walked to class after lunch, Ms. Sanchez greeted them with a smile. "Welcome back, everyone! Today, we're going to talk about how small actions can lead to big outcomes. You might not notice it right away, but the little things we do each day can have a huge impact later on."

The friends exchanged glances, knowing they had already been thinking about this.

Ms. Sanchez continued, "For example, if you study a little bit each night, you'll be prepared when it's time for a big test. But if you keep putting off studying, you might struggle when the

test comes. Or think about a garden, if you water the plants every day, they'll grow. But if you neglect them, they might wilt."

Harriet, who loved being active, raised her hand. "It's like soccer practice, right? If I practice a little bit every day, I'll get better. But if I skip practice, I might not play as well in the game."

"Exactly," Ms. Sanchez said with a nod. "Small actions, whether positive or negative, lead to bigger results over time."

Using Their Strengths to Take Small Steps

After class, the friends gathered to talk about how they could use their personal strengths to take small steps toward their goals.

Harriet, ever the energetic one, grinned. "I'm going to make sure I practice soccer every day, even if it's just for a few minutes. That way, I'll be ready for my next game."

Buzz, full of creative ideas, added, "And I'll work on my science project for a little bit each day. Even if I don't finish it all at once, the small steps will add up, and I'll get it done."

Bennie, steady and thoughtful, smiled. "I think I'll make a list of what I want to do each day. That way, I can keep track of the small steps and see my progress."

Betty, the problem-solver, nodded. "That's a great idea. I'll make sure I set aside time every day to study for our upcoming test. That way, I won't feel stressed when it's time to take it."

Sammy, who had been feeling down about not practicing his guitar, perked up. "I can do the same with my guitar practice. Even if I only practice for 10 minutes each day, it'll add up, and I'll get better."

Ollie, ever the planner, smiled. "And I'll help us stay on track. We can remind each other to take those small steps every day so that we don't fall behind."

Turning the Lesson Around

Over the next week, the friends worked hard to stay consistent with their small actions. Harriet practiced her soccer moves for a few minutes each day, feeling herself improve with each session. Buzz chipped away at his science project, adding a little more each day until it started to come together. Bennie kept track of his tasks on a list, checking off each small step as he completed it. Betty studied a little each night, feeling more confident as the test approached.

And Sammy practiced his guitar daily, starting to feel more comfortable with his chords again. By the end of the week, they gathered at the park, feeling proud of the progress they had made.

"I feel so much better now," Harriet said, spinning the soccer ball in her hands. "Practicing a little bit each day made a huge difference. I'm ready for my next game!"

Buzz grinned. "And my science project is almost done. It didn't seem like much at first, but all those small steps added up."

Sammy strummed a few chords on his guitar. "Practicing a little bit every day really helped. I feel like I've made a lot of progress."

Betty, who had just aced her test, nodded. "Studying each night helped me remember everything. I didn't feel stressed at all during the test."

Bennie smiled as he looked over his list. "It's amazing how just doing a little bit every day can lead to big results."

Reflecting on the Power of Small Actions

As the group sat together, they realized how important it was to recognize that small actions lead to bigger outcomes, both positive and negative.

"It's like Ms. Sanchez said," Ollie reflected. "Whether we're taking care of plants, practicing for a game, or working on a project, it's the small steps that add up over time."

Betty, ever the problem-solver, added, "And if we forget to take those small steps, we might end up with bigger problems later, like falling behind in class or feeling unprepared."

Bennie, always calm and thoughtful, nodded. "But when we recognize that our emotions, like feeling overwhelmed or unmotivated, are stopping us from taking action, we can use what we've learned to change that."

Harriet grinned. "Yeah, and our personal strengths help us stay on track. Like my energy helps me stay motivated, and Ollie's planning helps us organize our goals."

The group felt proud of what they had learned and how they had turned their small actions into big progress. As April continued, they knew they could tackle any challenge, one small step at a time.

And with that, they walked off into the sunny afternoon, ready to keep taking those small steps toward even bigger goals, knowing that with the right mindset and support from each other, they could achieve anything.

Post-Chapter Teacher Script

- **Teacher:** “The squad learned that small steps really do add up to big gains.”

Post-Chapter Questions

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- Can you think of a time when taking small steps helped you reach a bigger goal?
- How do you feel when you take a small step toward something you’re working on?
- Why is it easy to forget about the importance of small actions?
- What can happen if you don’t take small steps regularly?
- How can setting small goals help you in school or with your hobbies?
- What emotions might make you want to put off taking action, like Sammy with his guitar practice?
- How can we help ourselves stay consistent with small actions?
- How did Ollie’s planning help the group stay organized with their small goals?
- How do you think it feels to accomplish something after taking small steps every day?
- How can we use each other’s strengths to stay on track with our goals, just like Ollie and his friends?

Do an Activity (20 minutes)

- **Students will** identify a personal goal, break it down into manageable daily actions, and reflect on their strengths and strategies to stay committed, building confidence and self-motivation.

Activity: Small Steps - Big Goals Worksheet (20 minutes)

Introduce Activity

“Today we’re going to focus on something really exciting—**setting a personal goal** and creating small, simple steps to help you reach it.

Sometimes goals can feel big or even a little overwhelming. But when we break them into tiny actions we can do each day, they start to feel doable—and even fun!

I’m handing out the *Small Steps, Big Goals Worksheet*. You’ll think of one goal that matters to you. It could be something you want to improve, try, or stick with—like reading more, learning a

skill, or focusing in class.

Then, you'll write out small steps you can take to get there.

We'll also talk about what might make it hard—and how your **strengths** can help you stay on track, even when it gets tough. Let's get started!"

Activity Instructions

1. Hand out the Small Steps, Big Goals Worksheet.
2. Ask students to think of one personal goal, such as reading more, practicing a skill, or improving in a subject.
3. Guide students to break their goal down into small, daily steps they can take to work toward it.
4. Have students write their goal and the small steps they will take.
5. Encourage them to think about what might get in the way of reaching their goal and how they can use their strengths to stay on track.

Example:

- Goal: Practice piano for 10 minutes every day
- Small Steps:
 - Set up my piano and music sheet the night before
 - Practice a new song for 5 minutes
 - Review an old song for 5 minutes
 - Write down what I practiced each day
- 6. Have students share their goals and small steps with the class if they feel comfortable.

Wrapping it Up



Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- "Would anyone like to share your goal and one or two of the small steps you plan to take?
You don't have to share everything—just enough to inspire others or ask for feedback.

Let's celebrate each other's goals and support the steps we're taking to grow!"

Encourage a few students to share. Celebrate effort, not just ambition.

- “Every big accomplishment starts with one small action. You all showed great thinking today—choosing something meaningful, planning steps to get there, and being honest about what might make it hard. That’s the mindset of someone who **keeps going**, even when it’s tough.”

Review and Reflection Teacher Script

Gather in a Circle for Reflection:



- “Let’s sit together in a circle and reflect. Setting goals and breaking them into steps is a powerful way to move forward in anything we care about.
- When it’s your turn, finish this sentence:
‘One small step I can take toward my goal is...’
- If you’d like to pass, that’s okay—just listen and cheer on your classmates.”

Closing

- “You have everything you need to grow—your effort, your ideas, and the ability to take one small step at a time.
Remember: progress doesn’t have to be perfect. What matters most is that you keep showing up and doing your best. One step at a time adds up to big success!”

Home Connection Letter

Sending Information Home:

- “Before you go, I have a letter for you to take home. This week, we completed a “Small Steps, Big Goals” activity. Each student identified a personal goal and created a plan with small, daily steps to help them achieve it. We also reflected on challenges they might face and how their strengths can help us stay committed.
- Hand out the letters as the children prepare to leave.

Parent Letter

Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Parent(s)/Guardian(s),

Today, your child learned about the power of small steps and how little actions taken every day can lead to big outcomes over time. We read Chapter 22: Small Steps, Big Outcomes from Ollie's Superpower Squad, which showed how the characters learned to take small, consistent steps to achieve their goals.

In class, your child set a personal goal and broke it down into small, manageable steps.

We encourage you to talk to your child about their goal and the steps they are planning to take each day. Ask them how their small actions are helping them progress toward their goal and celebrate the progress they make, even if it seems small at first!

Thank you for your support!

Best Regards,

Activity sheet here if required.

Small Steps, Big Goals

My Big Goal:

Write down one big goal you want to work on. It can be anything related to school, hobbies, or personal growth.

My Goal: _____

Breaking it Down:

Think about how you can break your goal into smaller steps that you can take every day or week. Small actions will add up to help you reach your goal!

Small Steps to Reach My Goal:

1. _____
2. _____
3. _____
4. _____
5. _____

What Might Get in the Way:

Sometimes things happen that make it hard to reach our goals. What might stop you from taking your small steps?

Challenges I Might Face:

- A. _____
- B. _____

How I Will Stay on Track:

Use your strengths and ideas to help you stick to your plan. What can you do to make sure you take your small steps every day?

Ways I'll Stay on Track:

- A. _____
- B. _____
- C. _____

How I'll Feel When I Reach My Goal:

Imagine how you'll feel when you achieve your goal after all the small steps you took. Write or draw your feelings here.

When I Reach My Goal, I'll Feel:

Reflection:

After one week, come back to this section and reflect on your progress. Did you take your small steps? How did it feel?

My Reflection (after one week):

Keep this sheet with you as a reminder to take small steps toward your big goals every day!