

SMART Target Examples

Who, what, when

Identify **WHO** the target is for, **WHAT** they need to be able to do, **WHEN** or what situation should they be able to do it. You need to have in mind success criteria –eg what would you consider to be a successful outcome and also how long the target needs to be achieved.

Jason will be able to identify 3 of his triggers for anger when asked by an adult

Susan will be able to use 2 different calming strategies to calm herself down when she feels angry

Alex will be able to name 3 different synonyms for anger when asked how he is feeling

Lauren will ask an adult for help when she is feeling upset about a conflict on the playground

David will be able to seek help from an adult when he is feeling angry

Charlie will be able to point to specific areas of his body where he feels anger when he is asked by an adult.

Sandra will be able to name specific areas of her body where she feels anxiety when she is asked by an adult.

Debbie will be able to recognise her unhelpful thoughts when she is feeling anxious

Bryan will be able to talk about their triggers for anxiety when asked by an adult

Samantha will be able to choose the correct facial expression appropriate to the situation when using emotion cards and scenarios

Daniel will be able to take turns in a game when playing independently with a friend.

The **WHEN** could come first so

When she is feeling anxious, **Debbie** will be able to recognise her unhelpful thoughts

When she feels angry. **Susan** will be able to use 2 different calming strategies

You need to ensure the targets are specific, measurable, attainable, realistic and timely.