



1: The Magic of Small Steps

A PK-6 Lesson on Consistency, Growth, and Unlocking Our Competitive Advantage



Introduction for the Facilitator

This foundational lesson introduces PK-6 students to one of the most powerful ideas they can carry for life: **small steps done consistently create incredible results over time.**

In a world that often celebrates big, flashy wins, this lesson brings students back to the quiet magic of daily action—the kind that builds confidence, strengthens talents, and helps us become the best version of ourselves, no matter our goals. Whether a student wants to become a scientist, an artist, a business leader, or just live a peaceful, joyful life, the **superpower of consistency** will carry them forward.

This lesson also introduces two essential ideas to help students understand and talk about their growth:

- **Personal Competitive Advantage** means the *special strengths, habits, and skills we practice every day that help us stand out, grow, and succeed in our own way.*
- **Lifestyle Goals** are the *kind of life we want to live, like spending time with friends or family, being creative, helping others, or simply doing things we enjoy.*

These concepts give students language to dream about who they want to become and how they'll get there.

This lesson is designed to be the first in your Skill Tree™ series and includes:

- **A Social Story** to ground the concept in relatable action
- **8 Group Discussion Questions** with follow-up prompts
- **8 Journal Prompts** that support drawing or writing
- **10 creative and age-appropriate classroom Activities**
- **A printable Worksheet** to reflect on their small steps and goals

Let's help every student discover how small steps, taken with heart and consistency, can lead to **the life they imagine.**



Social Story: *Milo's Big Change, One Step at a Time*

Milo used to think success was all about being the best at something right away. When he saw classmates who could read faster or jump higher or draw better, he would get frustrated and say, "I'll never catch up."

One day, his counselor Ms. Vega asked him, "What's one thing you want to get better at?"
"Writing stories," Milo said quietly.

"Then let's do a little every day," Ms. Vega smiled. "Even five minutes a day adds up."



So every afternoon, Milo wrote for five minutes. Some days it was only a few lines. Other days it turned into a whole page. After a week, he had a short story. After a month, he had three. After two months, his teacher picked one to read aloud to the class. Milo's face lit up.

That's when he understood. The magic wasn't in doing everything perfectly all at once. The magic was in **showing up** and **taking small steps every day**. It didn't just help him get better at writing—it helped him feel more confident, proud, and in control of his growth.

Milo didn't want to be the best writer in the world. He wanted to live a life full of stories, imagination, and sharing ideas. That was his **lifestyle goal**: what he wanted his life to feel and look like.

Writing a little each day helped Milo build his **personal competitive advantage**, which means his own special strengths that get stronger every time he practices. Milo's new superpower was the small, consistent steps that made him better every day. It wasn't flashy, but it was powerful!



Group Discussion Questions

1. What is something you want to get better at?

Follow-up: What is one small step you could take today, tomorrow, and the next day to practice that?

2. Why do small steps feel easier than big leaps?

Follow-up: What happens when we take small steps every day?

3. Have you ever worked hard at something little by little?

Follow-up: How did it feel to look back and see your progress?

4. What do we mean by "consistency"?

Follow-up: Why does doing something again and again help us grow?

5. What is a personal competitive advantage?

Follow-up: What are some strengths or habits that help build yours?

6. What does "lifestyle" mean to you?

Follow-up: What kind of life do you want to build with your small steps?

7. What gets in the way of taking small steps sometimes?

Follow-up: How can we get back on track when we get distracted or discouraged?

8. How is consistency like a superpower?

Follow-up: What would your superpower look like in action?



Journal Prompts

(Students can write or draw their answers based on age and ability.)

1. **Draw or write about a time when you practiced something until you got better.**
2. **What is one small thing you can do each day to grow your skills?**
3. **What does your dream lifestyle look like? What small steps can help you get there?**
4. **Describe or draw a way that being consistent has helped you in school or at home.**
5. **What is your personal competitive advantage? What makes you stand out?**
6. **If you had a “Consistency Cape” that gave you superpowers, what would it help you do?**
7. **What’s something that feels hard right now, but could get easier with practice?**
8. **How can small steps help you reach a goal that feels really big?**



Activities

1. **Steps Tracker**
Each student draws a staircase and writes or illustrates a small daily step on each step toward a personal goal.
2. **Consistency Superhero**
Students create their superhero character who uses small daily actions to make a big difference in the world.
3. **Before and After Board**
Display student work (writing, drawing, or math) from the beginning of the month or school year and compare it to more recent work to show progress.
4. **Lifestyle Collage**
Students create a collage or drawing of what their ideal lifestyle looks like (peaceful, fun, creative, sporty, etc.).
5. **Competitive Advantage Cards**
Students write down one of their strengths or habits and trade cards with peers to celebrate unique talents and get ideas for the next piece of their own competitive advantage to start developing.
6. **Daily Goal Journal**
For one week, students write one small goal in the morning and reflect on it in the afternoon.
7. **Big Idea, Tiny Steps Challenge**
Choose a class goal (e.g., clean room, kindness, teamwork) and brainstorm small steps to achieve it daily for a week.
8. **“I Noticed” Celebration**
Students compliment classmates by sharing when they noticed someone taking a consistent small step.
9. **One-Minute Skill Builder**
Practice a mini-skill daily for one minute (e.g., mindfulness, stretching, kindness) and log the streak.
10. **Paper Chain Progress**
Add a paper link each time a student completes a small step. Watch the class chain grow over time.



My Small Steps Superpower

Name: _____

Helpful Words:

- **Consistency** = Taking small steps every day toward my goals
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Every small step counts!

Use the back of this sheet if you need more space.

1. **Something I want to get better at is:**

2. **One small step I can take today is:**

3. **If I take this step every day for a week, I might feel:**

☐ Proud ☐ Strong ☐ Brave ☐ Focused ☐ Other:

4. **This is my personal competitive advantage:**
(What makes you stand out?)

5. **My dream lifestyle looks like:**

6. **My small steps will help me reach my dream lifestyle by:**

7. **If consistency is a superpower, I will use mine to:**