



For the month of March, we are talking about the trait of Perseverance. The dictionary defines it as: “Persistence in doing something despite difficulty or delay in achieving success.” The definition we are using in class is:

Perseverance: *the ability to work through situations even when there are obstacles or challenges in the way.*

A lot of research today is telling us that the highest indicators of success in our kids isn't just about their grades or their IQ. Angela Duckworth is an author and researcher who discovered that the most successful people in our world right now have one big thing in common: their ability to persevere through tough situations. She calls it Grit! In fact, she found that Grit is a higher indicator of success than SAT scores, IQ, or GPA. The ability to persevere in the face of **adversity** or even failure.

Conversation Starters

K-2

- What do you know about rabbits? What do you know about turtles? Which one should win if they were to have a race? Have you heard the story about the [Tortoise and the Hare?](#) The hare proudly bragged about his speed and knew that he'd win, so he rested a lot and let himself get sidetracked and distracted. The turtle took a slow and steady approach to the race, plodding along at a pace that was right for him to make sure he had stamina and endurance. In the end, it's the turtle who wins by a hair. What is this story trying to tell us?
- Failure is a part of Perseverance. What does it mean to fail? Can you think of a time when you failed and were not able to reach your goal? What are some ways we can respond to failure that are both positive and negative?
- Share a personal story of Perseverance with your child. What were your challenges? What or who helped you persevere? What tangible steps did you take? What lessons did you learn?

3-5

- Have you ever heard the word stick-to-it-tive-ness? What do you think it means? When have you shown stick-to-it-tive-ness? How did sticking to something show Perseverance? When have you decided not to stick with something? What happened? What did you learn? How, if at all, might you do that differently?
- “Positive self-talk” is when we say encouraging words to ourselves in our minds and sometimes out loud. What does positive self-talk have to do with Perseverance? Can you name some examples of positive self-talk that you can use when faced with a challenge? Examples:
Even though this is tough, I am going to keep trying.
If it gets too hard, I can ask for help.
Sometimes things don’t go as planned and that’s ok.
- Share a personal story of Perseverance with your child. What were your challenges? What or who helped you persevere? What tangible steps did you take? What lesson did you learn?

Reading Recommendations for you...

K-2

[Growth Mindset](#) post

[Why Mindset Matters](#)

Helping children deal with challenges is a big part of Perseverance. Read [this article](#) to learn ways you can help your child cope with challenges.

3-5

[Mindset](#) by Carol Dweck

[10 Big Ideas from Mindset](#)

[Stop keeping score; learn instead](#)

[Why “good job!” is the Worst Kind of Praise](#)

Family Challenges and Activities...

K-2

Activity

Set a family mindfulness mantra to help you persevere when you’re tempted to give up. Consider these: *Just keep swimming. Stick with it. Keep on keeping on. Change the plan, not the goal. Keep your eye on the prize.* Encourage and help your child to write your family mantra on several 3×5 cards and post them around the house to keep them visible and use them to check in every few days.

Challenges

The Power of Yet

Watch "[The Power of Yet](#)" as a family and then set an intention to accomplish something that you haven't successfully done (yet) – something that's going to challenge you and stretch your endurance and Perseverance. Maybe it's something like cleaning out a garage, starting a vegetable or flower garden, or purging shelves to donate or share some things you haven't used in a while.

That's Puzzling

Putting together a jigsaw puzzle can be a terrific way to sharpen your ability to persevere. Put a 300-piece jigsaw puzzle on the table and invite family members to meet and connect the pieces. How long will it take? Set a timer as a goal-setting tool if you find yourself getting frustrated and tempted to leave the table too quickly. When you finish, try a 500-piece puzzle.

If you don't have a puzzle at home or nearby, work with your child to draw one, cut it up, mix up the pieces, and recreate it together.

"Practice Makes Perseverance"

Collaborate with your child or the whole family to set a goal. The goal can be anything that requires regular attention or practice such as:

- Growing a reading level
- Learning to cook a new meal
- Developing a new athletic skill
- Practicing independence (morning routine, homework, preparing for school, managing medication, self advocacy, etc.)
- Investigating your family history to create a family tree

Once you've set the goal, think of 1-3 habits or regular action steps that you will need to achieve your goal. Create a habit tracker and check in daily to track progress.

You can check out this article about how to track habits with kids for inspiration: <https://www.parentmap.com/article/what-is-habit-tracking-kids>

Don't forget to set a habit goal and plan a celebration for meeting it! Achieving your original goal is one reward, but it's helpful to have a reward just for practicing and developing habits, even if you haven't accomplished your end goal...yet!

Perseverance Prize

Your family members are going to be working hard on Perseverance this month! Using items around the house, work together to create a “Perseverance Prize.” The prize can be awarded to a family member who has been working hard on a goal. Family members should display the prize proudly! When the awarded family member spots another family member using Perseverance, they can pass on the prize to the next person! Keep the prize moving throughout the house to celebrate each other’s accomplishments.

3-5

Activity

Work together to create an “I Will” statement to help your children live out the value of Perseverance. For example: “I will fall down 10 times and get up 11.” Once they have their own “I Will” intentions, invite them to write them down and post them on the bathroom mirror that they use, so they can see it and be reminded every time they brush their teeth.

Challenges

Unlocking Fixed Mindsets

A hallmark of having a “Growth Mindset” is persevering through challenges and mistakes to adopt an “I can” mindset and attitude. Work together as a family to unlock some fixed mindsets. Come up with a few of your own fixed mindsets to unlock, then focus this week to change I cannots to I cans:

- I can’t do math.
- I stink at science.
- I’m not that smart.
- I’m not a good writer.
- I’ll never spell very well.
- I am not an artist because I can’t draw well.

Book Scavenger Hunt

Go through the books in your home or at the local library to find stories with a Perseverance theme. Set a timer and see who can find the most in a desired time frame (we suggest 15 minutes). Meet back in the living room or the middle of the library and share what you found, giving support for how each book showcases Perseverance.

Perseverance Posters

Part of practicing Perseverance is setting specific goals and developing action steps to work towards them!

Optional materials: You can gather a bunch of magazines or newspapers—you can often find inexpensive ones from local thrift stores or libraries—and print out images from online or use your own craft supplies to draw your own images!

Each member of the family should have a piece of paper or poster. Each person will choose a goal they want to work towards and an image to represent the goal. Really focus on an image that shows not only the accomplishment but how it will feel as well. Place the image in the middle of the paper. Then cut out and glue or draw images that show all of the action steps you will take to get there all around your goal. You can also glue or draw words of inspiration and encouragement. When your collages are done, share them with the rest of the family and place them together somewhere everyone can see them regularly. Now not only do you have a goal and action plan, but you have accountability partners to check in with you and motivate you to practice Perseverance!

Accomplishing the Impossible!

Can you fit your whole body through an index card? While it sounds impossible, with the correct folding and cutting technique, you can make it happen! Give each family member a 4×6 index card and a pair of scissors. Tip: Have extra index cards on hand to allow family members to make multiple attempts! Ready for the answer? Read the directions here: [https://www.wikihow.com/Fit-Your-Body-Through-an-Index-Card for the solution](https://www.wikihow.com/Fit-Your-Body-Through-an-Index-Card-for-the-solution).