

Perseverance (Grades K-2)

For PurposeFull Families



EXPLANATION:

This month we're 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. The number one skill that helps people of all walks of life be successful is GRIT! The ability to persevere in the face of adversity or even failure. Over the course of the month, we will talk about inspiring people who faced many failures before they found success. We will talk about what it means to navigate tough stuff, even when it feels overwhelming or really hard. We will talk about having a Growth Mindset - to see challenges and failure as an opportunity to grow instead of a brick wall.

CONVERSATION STARTERS:

- 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?

QUESTIONS YOU COULD ASK:

- Why do you think it's important to keep on going, even when things get hard? Who do you think about when you hear, "Quitters never win and winners never quit?" What makes them so good at Perseverance? Do you think there's ever a time that it'd be okay to quit?
- Discuss a time in your life when you persevered even though it may have been difficult. What happened and how did you feel? What did you learn from the experience?
- What's a challenge for you right now? What's the hardest part? What are some resources - people, strategies, tools, inspiration - that could help you? What's one step we can take together to overcome this challenge?

APPLICATION:

Books:

- [The Most Magnificent Thing](#) by Ashley Spires
- [A Beautiful Oops](#) by Barney Saltzberg
- [Flight School](#) by Lita Judge
- [The Water Princess](#) by Susan Verde
- [Leo The Late Bloomer](#) by Robert Kraus
- [Dream Big](#), Little Pig by Kristi Yamaguchi

Videos:

- [The Very Busy Spider](#) - A spider works diligently to spin her web. Despite numerous animals trying to distract her, she perseveres to finish the job.
- [Of Thee I Sing](#) - In a touching letter to his daughters, Barack Obama chronicles heroes who used Perseverance to shape our world, all the while connecting the gifts of each historical figure with those he sees in his children. The book is a lovely window into how Perseverance has changed our nation as well as a mirror for students to see this possibility in themselves.

FOR YOUR READING:

- Check out [Mindset](#) by Carol Dweck, this [Growth Mindset](#) post, and [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.

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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 3x5 cards and post them around the house to keep them visible and use them to check in every few days.

PURPOSEFULL PURSUITS: 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.

Toughness: 3

Time: 3

Type: Group

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.

Toughness: 2

Time: 3

Type: Group

"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!

Toughness: 4

Time: 4

Type: Group

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.

Toughness: 1

Time: 1

Type: Partner