

Taking it home: Perseverance



1. ENGAGE

The Power of Yet. Ask each family member to write down a list of negative or limiting statements they sometimes think about themselves (e.g., "I can't _____" or "I'm not good at _____"). Choose a few phrases from each family member and repeat these phrases, adding the word "yet." Remind your family that we must work every day to learn new things and keep trying even when it's hard.



2. EMPOWER

Frustration Busters. As a family, identify times you experience frustration. Together discuss: Is frustration a bad thing? How can frustration be good for you? Ask each family member to identify three actions they can take next time they are frustrated to persevere instead of giving up!

There is nothing more rewarding than seeing your child achieve their goals –big and small! Whether it is celebrating those first steps or graduation day, witnessing achievements gained by hard work are some of a families' proudest moments. Hard work and determination are the ingredients of *perseverance*. By helping your children develop perseverance now, you can prepare them to learn from their future failures and work hard to achieve future successes. This month, look for opportunities to teach and model the *power of perseverance*!



3. EXCEL

Winning over Weeds.

Plant a garden as a family this Spring. It can be big or small! Discuss the daily commitment needed to help this garden grow and the patience necessary as you wait for the final product. Weed this garden together and as you do, discuss how this garden is like many challenges in life. Perseverance helps us to win over weeds!

CONVERSATION STARTERS

- What is something you're good at doing that took a lot of hard work and practice?
- What is one way you think you "failed" today? What did you learn from the experience?
- What is something you are struggling to learn, do, or improve right now? How can we help you keep trying?

