

GRIT

Teacher Resource

WHAT IS GRIT?

Working consistently toward long-term goals.

BENCHMARKS

- ✓ **HE.K.R.2.5** Identify personal strengths and actions individuals can do independently. Clarification: Listening, sharing, adapting, empathy, showing courage and leadership.
- ✓ **HE.1.R.2.5** Identify strategies to discover and demonstrate personal strengths. Clarification: Sense of pride, working toward intrinsic motivation and experiencing a sense of accomplishment.
- ✓ **HE.2.R.2.2** Identify personal goals and strategies to achieve those goals.

PURPOSE

- ▶ These interactive activities will help your students learn the characteristic of **grit** and how to work consistently toward goals. Share the suggested introduction with your students, choose one or more of the activities below, and conclude with the suggested wrap-up. Feel free to modify or revisit activities throughout the week to continue reinforcing **grit**.



Suggested Introduction:

"Today, we are going to learn about **grit**. Can you think of someone who is the best at his or her job? How did he or she become the best? Perhaps this individual set goals, practiced consistently and never gave up. People grow and get better by courageously working toward long-term goals, even in the face of challenges. This is called **grit**."



Activities to Build Grit:

1 Grit "Superpowers"

Help students identify their personal strengths and actions they can do independently by introducing the idea that everyone has "superpowers" or personal strengths that make them unique. Ask students to think about something they are good at (e.g., helping a friend, drawing, playing a sport, playing a musical instrument). Have each student draw his or her "superpower" and share with the class how he or she works hard to strengthen this skill. Encourage students to think about ways to use these skills independently and how using their strengths can make them feel proud of their abilities.



Activities to Build Grit (Continued):

2 Resiliency Reading Connection

Share the story *The Little Butterfly That Could* by Ross Burach from the Resiliency Reading List. In this story, the little butterfly was looking for his butterfly friends. He learned that his friends were 200 miles away and he would have to fly to catch up with them. The little butterfly was not feeling confident and was overwhelmed by the length of his journey. He needed encouragement and learned that if at first you don't succeed, you must try, try again! After sharing this story with your students, have them identify a personal goal and the strategies it will take to reach that goal. Post your students' goals in the classroom and revisit them often to check in on everyone's progress toward achieving their goals. Visit buildresiliency.org to learn about other books listed on the Resiliency Reading List; each title has a corresponding Family Reading Guide.

3 Adapt to Overcome Obstacles Challenge

Teach students how to adapt to challenges and demonstrate **grit** by setting up a simple obstacle course (e.g., cones to weave through, balance beams to walk across, egg on a spoon run) or posing an academic challenge the class can solve together. As students go through the course or challenge, introduce small changes (e.g., move a cone, add a new obstacle, add another element to the challenge). Encourage students to adapt to the changes and keep going even if it is difficult. After completing the course, talk with students about how they had to adapt and keep trying. Reinforce that showing **grit** means not giving up when things change or get harder.



Suggested Wrap-Up:

Guide student responses or provide sentence stems.

"Can someone tell me what it means to show **grit? You all did a great job identifying your personal strengths, adapting to overcome difficulties and learning how to work consistently toward your goals! Talk to someone at home about the goals you would like to achieve and the steps you can do to reach those goals."**