

PERSEVERANCE

Teacher Resource

WHAT IS PERSEVERANCE?

Continuing to try even when things are hard.

BENCHMARKS

- ✓ **HE.68.R.2.5** Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal.
- ✓ **HE.68.R.2.8** Identify strategies to manage challenges and setbacks. Clarification: Time management, setting boundaries, setting realistic goals and self-care.
- ✓ **HE.68.R.4.4** Identify the importance of **perseverance** when facing difficulty solving a problem.

PURPOSE

- ▶ These interactive activities will help your students implement strategies to **persevere** by managing challenges and setbacks and assessing progress of personal 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 **perseverance**.



Suggested Introduction:

“Today, we are going to explore **perseverance**. We use this skill when we face hardships. Perhaps you’re struggling with time management to study for a test or having difficulty with setting boundaries to focus on priority tasks. **Perseverance** is the skill that helps us push through these hardships and setbacks, set personal goals and assess how we are progressing.”



Activities to Build Perseverance:

1 Weekly Goal Journals

Have each student identify a short-term and long-term goal he or she would like to achieve. Talk about the steps needed for each student to reach his or her unique goals. Next, discuss with your students possible challenges, setbacks and supports that are needed when working toward these goals. Have students journal their experiences each week while working toward their goals. Be sure to check in and make connections to **perseverance** throughout each day.

2 My Future Self Letter

Challenge students to imagine what they want to achieve by the end of the school year. Have students write a letter to their future selves, describing the goals they want to accomplish. At the end of the year, return to the letters to see what goals they met. Make daily connections to **perseverance** and discuss how it is important to continue to try even when things are hard. Encourage students to recognize when they need to seek support from a parent, teacher or friend.

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Activities to Build Perseverance (Continued):

3 Teamwork Challenge

Create a group challenge where students must work together to solve a problem. Be sure the challenge you arrange allows students to rely on each other. Encourage students to brainstorm strategies together and share responsibility for **persevering** through the challenge.

Possible challenges could include:

- Building the tallest tower out of blocks or a limited number of supplies provided
- Completing a scavenger hunt
- Solving a mystery



Suggested Wrap-Up:

“Today, we have explored new ways we can use **perseverance** and plan for success as you go through middle school and prepare for high school. Remember that challenges have different forms, which may include not having enough time or resources, or a way of transportation. Remember, it is okay to ask for help from a parent, teacher or classmate if you need it. Each time you face a challenge this week, remember your skills and strengths, and that you are capable of conquering anything you set your mind to!”