

# PERSEVERANCE

## Teacher Resource

### WHAT IS PERSEVERANCE?

Continuing to try even when things are hard.

### 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.1.5** Identify strategies to overcome a challenge.
- ✓ **HE.2.R.2.4** Identify personal strengths and areas for improvement.

### PURPOSE

- ▶ These interactive activities will help your students learn the characteristic of **perseverance** and how to overcome challenges. 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 learn about **perseverance**. Have you ever tried to do something that was hard and you wanted to give up, but you kept on going? Perhaps you were trying to draw a picture, and it did not look how you expected. **Perseverance** is when you keep trying and refuse to give up. There will be many times in our lives when things will be hard to do. When we **persevere**, we develop skills to overcome challenges."



### Activities to Build Perseverance:

#### 1 Goal Setting: Charting the Path

Have each student identify a goal he or she would like to reach. Walk through the steps needed for each student to reach his or her unique goal. Encourage your students to create visuals to illustrate their goals and outline the steps and supports needed to reach their goals. This will help students identify their personal strengths!

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### Activities to Build Perseverance (Continued):

#### 2 Perseverance Olympics

Set up stations in your classroom and have students take turns at each station. Choose tasks that students will not be able to accomplish on their first try. This will help students identify actions they can do independently!

**Example stations could include:**

- Ball or egg on a spoon relay
- Frog hop game
- Ring toss
- Basketball shots
- Ping pong bounce
- Water bottle flipping

After each student has rotated through all the stations, discuss his or her experience. Focus on **perseverance** and what it took to get through each task.

#### 3 Resiliency Reading Connection

Share stories that highlight characters who demonstrate **perseverance**, such as *The Little Engine That Could* by Watty Piper from the Resiliency Reading List. Next, ask the students how the characters in the book overcame their obstacles. These stories will show students how **perseverance** can lead to success. Visit **buildresiliency.org** to learn about other books listed on the Resiliency Reading List; each title has a corresponding Family Reading Guide.



### Suggested Wrap-Up:

*Guide student responses or provide sentence stems.*

**"Can someone tell me what it means to **persevere**? You all did a great job finding ways to **persevere** through challenges and overcome things that may affect our progress! Even in our personal strengths, there will be areas for improvement. We must focus on getting better and asking for help if we need it."**