

GRIT

Teacher Resource

WHAT IS GRIT?

Working consistently toward long-term goals.

BENCHMARKS

✓ **HE.68.R.2.4** Monitor progress toward attaining a 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.

PURPOSE

► These interactive activities will help your students implement strategies to demonstrate **grit** by managing setbacks, monitoring progress and working consistently toward their 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 explore **grit**, something you have demonstrated in different situations. We use this skill when we work consistently toward long-term goals and face challenges or setbacks. When we demonstrate **grit**, we make progress toward achieving a personal goal, and we become more resilient and adaptable. **Grit** helps us keep our focus on the end result, motivating us to reflect on our progress, adjust our strategies and identify new ways to overcome obstacles.”



Activities to Build Grit:

1 Setbacks Scenario Workshop

Help students identify strategies to manage setbacks and challenges to develop **grit**. Present students with different scenarios that include common setbacks (e.g., not making the sports team, failing a test, running out of time for a project). Ask students to brainstorm strategies for overcoming each setback (e.g., asking for help, revising the plan, setting a short-term or long-term goal). As a class, share the strategies and reflect on how setbacks are a normal part of reaching a goal. Emphasize the importance of **grit** and learning from mistakes.

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GRADES
6–8



Activities to Build Grit (Continued):

2 Visualize to Realize: Mapping Your Goal Journey

Help students identify a short-term goal that can be achieved in one or two months (e.g., improve one grade by completing all assignments, learn and master 10 new vocabulary words each week) and stay motivated by visualizing the end result. Have students create mini-vision boards that depict what success will look like when they achieve their personal goals. Students can use pictures, words or drawings that represent the outcome they want to reach. Be sure students include strategies for reaching their goals on the mini-vision board as well. Encourage students to keep the vision board in a place where it can be seen regularly. Discuss how staying focused on the bigger picture, especially when facing challenges along the way, can help students stay consistent in working toward long-term goals.

3 Grit Role Models

Help students learn about **grit** and resiliency from role models. Ask students to research or watch a video about a famous person who faced significant challenges or failures but persevered (e.g., Frederick Douglass, George Washington, Thomas Edison, Dr. Martin Luther King, Jr.). Then, have students compare and contrast through written reflections or presentations how the role models demonstrated **grit** and how this relates to reaching their own goals. Have students share their presentations with the class and discuss how failure can be a stepping stone to success. Emphasize how demonstrating **grit** plays a huge role in reaching goals and achievements.



Suggested Wrap-Up:

"Today, we have explored new ways we can use **grit and plan for success as you go through middle school and prepare for high school. By using different strategies and demonstrating **grit**, we develop the strength needed to stay on course, allowing us to approach setbacks as opportunities for growth, rather than reasons to give up."**