

# GRIT

## Teacher Resource

### WHAT IS GRIT?

Working consistently toward long-term goals.

### BENCHMARKS

- ✓ **HE.912.R.2.3** Formulate a plan to attain a personal goal that addresses strengths, needs and risks.
- ✓ **HE.912.R.2.7** Evaluate strategies that assist with managing challenges or setbacks. Clarification: Time management, setting boundaries, setting realistic goals and self-care.

### PURPOSE

- ▶ These interactive activities will help your students learn more about **grit** by evaluating new strategies they can use to manage setbacks and formulate a plan to work 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** by assessing your personal goals and identifying strategies to manage challenges and remain dedicated to achieving these goals. Practical strategies such as time management, setting boundaries and setting realistic goals will help you demonstrate **grit**. This requires discipline, self-reflection and maintaining motivation over time.”



### Activities to Build Grit:

#### 1 Risk Analysis and Contingency Planning

Have students develop personal goals and then help them analyze the risks and plan for setbacks that may arise when working toward the goal (e.g., time constraints, external commitments, lack of resources). Then, have each student create a contingency plan for each risk, outlining how he or she could overcome it (e.g., setting more flexible deadlines, seeking help from parents, writing a list prioritizing key tasks). Continue to check in with students throughout the process. Reflect as a class on how preparing for setbacks in advance builds **grit** and resilience while allowing students to stay focused on their goals when obstacles arise.

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GRADES  
9–12



### Activities to Build Grit (Continued):

#### 2 Time Management Simulation

Provide students with a week-long mock schedule filled with various obligations (e.g., school, extracurricular activities, personal time). Ask each student to prioritize the tasks and fit them into a realistic daily routine, leaving space for breaks and self-care. Then, have students apply the same concept to his or her personal goals by creating a time management plan that accounts for both work and relaxation. Discuss how planning ahead and managing time effectively helps maintain balance while working toward long-term goals.

#### 3 Grit vs. Burnout: Finding the Balance

Help students understand the difference between **grit** and burnout. Facilitate a class discussion on the difference between **grit** and pushing oneself too hard (i.e., burnout). Ask students to create a list of signs that indicate they are approaching burnout (e.g., fatigue, frustration, lack of motivation) and strategies to prevent it (e.g., taking breaks, asking for help). Discuss how part of **grit** is knowing when to step back and reassess to prevent burnout. Encourage students to think about ways they can balance working hard toward a goal while maintaining their mental and physical well-being.



### Suggested Wrap-Up:

**“You’ve been learning about and demonstrating **grit** the last several years. As you move beyond high school, how can you apply these strategies in the future in your everyday life? Remember, **grit** is essential for achieving long-term goals. By demonstrating **grit**, we are able to adapt to challenges and view setbacks as opportunities for growth, ultimately leading to greater resiliency and personal success.”**