

GRIT

Teacher Resource

WHAT IS GRIT?

Working consistently toward long-term goals.

BENCHMARKS

- ✓ **HE.3.R.2.1** Categorize resources used to achieve a personal goal.
- ✓ **HE.4.R.2.3** Create a personal goal and track progress toward achievement.
- ✓ **HE.5.R.2.4** Devise an individual goal (short or long-term) to adopt, maintain or improve a personal practice.

PURPOSE

- ▶ These interactive activities will help your students explore 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** and explore ways we can work consistently toward our goals. The goals you set for yourself should be realistic and focus on self-improvement. When achieving goals, you will experience obstacles or challenges that get in the way. Demonstrating **grit** gives us the ability to overcome these challenges and become more resilient.”



Activities to Build Grit:

1 Grit Resource Brainstorm

Start by writing three goals on the whiteboard.

Ideas for goals include:

- Learning a new skill
- Completing a school project
- Reading a certain number of books

In small groups, students brainstorm and categorize the types of resources they would need for each goal, such as advice from people (e.g., parents, teachers), use of tools (e.g., books, equipment) or personal effort (e.g., patience, determination, **grit**). Have each group share their resource list and discuss how different goals require different combinations of resources. Emphasize that personal effort and **grit** are often key resources in any achievement.

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Activities to Build Grit (Continued):

2 “Goal-Setting Challenge”

Help students identify personal strengths and how to use those strengths to achieve goals. Have students complete a “Goal-Setting Challenge” where they list their strengths (e.g., good at solving problems, creative, organized, patient, persistent). Then ask each student to create a goal based on a strength that he or she wants to build on. For example, if a student is good at organizing, the goal might be to keep his or her desk/homework area tidy for a week. Talk about how using personal strengths can help students achieve their goals and build self-confidence. Build incentives for classroom-based goals (e.g., teacher helper, homework pass, special classroom incentive, special chair) to encourage students to continue working consistently toward their goals.

3 Stories of Grit Behind Glory

Teach students about **grit** by sharing stories of famous people who have demonstrated **grit** and perseverance (e.g., local, state and national leaders; athletes; inventors; historical figures). Ask students to choose a role model and create a poster about how that person demonstrated **grit** to achieve his or her goals. Students can also reflect on what resources that person used (e.g., support from others, hard work, tools, skills). Discuss how **grit** played a role in each person’s success. Encourage students to think about how they can apply similar strategies to achieve their own goals.



Suggested Wrap-Up:

“Today, we have learned about **grit**, identified our personal strengths and goals, and categorized the resources we can use and ways to track our progress to achieve these goals. You use **grit** every time you work consistently toward your goals, especially when you experience setbacks. If you ever feel stuck, remember to take a deep breath, revisit your goal and why it’s important to you, and ask your teacher, family or friends for support, if needed.”

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Goal-Setting Challenge

Write your strengths inside the word "goal" below.



GOAL

Create a goal based on your strengths.

This is a supplemental document to support the 3-5 Grit Teacher Resource.