

PERSEVERANCE

Teacher Resource

WHAT IS PERSEVERANCE?

Continuing to try even when things are hard.

BENCHMARKS

- ✓ **HE.3.R.2.4** Discuss how skills can be improved through hard work and **perseverance**.
- ✓ **HE.4.R.1.4** Identify strategies to help **persevere** in difficult situations.
- ✓ **HE.5.R.4.2** Identify successful strategies for adjusting to change and setbacks. Clarification: Coping, grit and new learning opportunities.

PURPOSE

- ▶ These interactive activities will help your students continue to explore 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** and explore different ways we can use **perseverance** when facing a difficult task. Have you ever tried to do something and struggled with it? Maybe you were learning a dance routine and you could not memorize the different moves, or you were playing a sport and you could not score a point. We are faced with challenges every single day, but when we keep trying and refuse to give up even though it is difficult, we are demonstrating **perseverance**."



Activities to Build Perseverance:

1 Goal-Setting Bingo

Have students identify goals they would like to achieve by the end of the school year. Have them write each goal in a square on a bingo card. Post the bingo cards in the classroom, as students complete each goal, allow them to mark that corresponding bingo square. When a student gets bingo, have a classroom prize to celebrate his or her **perseverance** and grit.

Bingo squares could include:

- Read 10 books per month
- Practice math equations for 15 minutes a day
- Score an "A" on a spelling test
- Try a new hobby
- Try out for a sport

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Activities to Build Perseverance (Continued):

2 Brainteaser Puzzles

Challenge students to work through a 5-minute brainteaser puzzle each day. Be sure the brainteasers are challenging yet fun!

Brainteaser puzzle examples include:

- Word scramble
- Secret code puzzles
- Number challenges
- Scavenger hunts
- Riddles

Make daily connections to **perseverance** and how it is important to continue to try even when things are hard. These activities will teach your students how to work through challenges, build endurance and succeed through **perseverance**!

3 The Perseverance Jar

Place a jar in the classroom. Each time a student faces a challenge and overcomes it, he or she can write down how he or she **persevered** and place it in the jar. At the end of each week, read each one out loud and celebrate the different strategies that were used. This will help students recognize small victories and learn strategies to **persevere** through day-to-day challenges.



Suggested Wrap-Up:

“Today, we have learned about **perseverance, how to adjust to setbacks and how to use this skill for future challenges. **Perseverance** helps us learn from trials, makes us stronger and improves our skills. 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!”**

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Brainteaser Puzzles

The following puzzles will encourage you to think critically, stay focused and keep trying even when the answer isn't easy.

You can do it!



WORD SCRAMBLE

Unscramble these words that describe someone with a strong character:

THERGSTN

HNSEYTO

KDNI

NECFEIDNC

AMPYHET

SECRET CODE

Each letter has been replaced with the number that matches its place in the alphabet (A=1, B=2...Z=26).

3 – 15 – 21 – 18 – 1 – 7 – 5

Hint: You'll need this to conquer life's challenges!

PATTERN PUZZLE

Look at the number pattern below. Can you figure out what comes next?

2, 4, 8, 16, —, —, —

RIDDLE

*I may fall down, but I never stay there.
I try again, with strength and care.
You can't see me, but I live in your heart.
With me, you finish what you start.
What am I?*

SCAVENGER HUNT

Find and write down (or draw) one item for each:

Something that starts with the same letter as your name.

Something that is soft and comforting.

Something that is used to fix or repair something.

Something that has more than one use.

Bonus Challenge: Can you make your own 7-number pattern using multiplication or addition?

—, —, —, —, —, —, —

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PERSEVERANCE

Brainteaser Puzzles

Answer Key



WORD SCRAMBLE

Unscramble these words that describe someone with a strong character:

THERGSTN

Strength

HNSEYTO

Honesty

KDNI

Kind

NECFEIDNC

Confidence

AMPYHET

Empathy

SECRET CODE

Each letter has been replaced with the number that matches its place in the alphabet (A=1, B=2...Z=26).

3 – 15 – 21 – 18 – 1 – 7 – 5

Courage

Hint: You'll need this to conquer life's challenges!

PATTERN PUZZLE

Look at the number pattern below. Can you figure out what comes next?

2, 4, 8, 16, 32, 64, 128

RIDDLE

*I may fall down, but I never stay there.
I try again, with strength and care.
You can't see me, but I live in your heart.
With me, you finish what you start.
What am I?*

Resiliency

SCAVENGER HUNT

Find and write down (or draw) one item for each:

Something that starts with the same letter as your name.

Something that is soft and comforting.

Something that is used to fix or repair something.

Something that has more than one use.

Bonus Challenge: Can you make your own 7-number pattern using multiplication or addition?

—, —, —, —, —, —, —

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

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