

PERSEVERANCE

Parent Resource

What is perseverance?

Perseverance means continuing to try even when things are hard.

As your child gets older, it is important for him or her to continue to develop the perseverance to achieve his or her goals.

In grades three through five, children begin:

- ✓ Learning how skills can be improved through hard work.
- ✓ Establishing personal goals and tracking progress towards achievement.
- ✓ Understanding that failure is an opportunity for learning and growth.

Below are ways you can help your child learn, practice and demonstrate perseverance:

ENCOURAGE NEW SKILLS

Encourage your child to learn a new skill or activity such as playing an instrument, participating in a sport or developing a hobby. By learning a new skill or activity, your child faces new obstacles while understanding the importance of the hard work necessary to achieve his or her goals.

WORK ON AN ACTIVITY

Ask your child to work on a difficult activity of his or her choice, like a puzzle. Your child may experience frustration while working on the project; encourage him or her to keep going until the goal is accomplished. Have your child identify how he or she managed to keep going despite challenges.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Designing and setting an individual goal (short or long-term) to adopt, maintain or improve a personal practice.



Identifying successful strategies for adjusting to change and setbacks.



ACTIVITY WITH YOUR CHILD

Together, sign up for an activity that requires effort and preparation. For example, completing a fun run or race. Ask your child, what are some potential challenges? How will we persevere to reach this goal?

BY ENCOURAGING YOUR CHILD TO PERSEVERE, YOU ARE HELPING HIM OR HER DEVELOP THE NECESSARY SKILLS TO ACHIEVE HIS OR HER GOALS.

