

# 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 six through eight, children begin:

- ✓ Identifying strategies to manage challenges and setbacks.
- ✓ Recognizing alternative ways to achieve goals.
- ✓ Understanding that continuous learning leads to personal growth.

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

##### ASK YOUR CHILD TO SHARE



Ask your child to share an experience that was challenging. Next, have your child reflect on why accomplishing his or her goal was challenging. Discuss how he or she can approach a future goal to achieve a desired outcome.

##### WRITE A LETTER



Work with your child to write a letter to his or her "future self" about overcoming an anticipated or past obstacle. Encourage your child to explain how he or she persevered through the challenge.

#### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Strategies and skills needed to assess progress and maintain a challenging personal goal.



Identifying the importance of perseverance and problem-solving when facing difficulties.



#### ACTIVITY WITH YOUR CHILD

Ask your child to identify a role model and research their accomplishments as well as the challenges or setbacks they faced. Look for examples of ways this role model demonstrated perseverance.

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

