

What is grit?

Grit means working consistently toward long-term goals.

As your child gets older, he or she will probably face situations where grit is needed to keep working toward reaching goals, despite setbacks.

In grades six through eight, children begin or continue:

- ✓ Becoming more independent.
- ✓ Gaining more responsibility as members of clubs or sports teams.

Below are some ways you can help your child learn, practice and build grit:

ASK YOUR CHILD

Ask your child to describe an individual who has overcome challenges to reach a goal. This could be someone he or she knows, a historical figure, or a modern-day famous person. Ask your child, "What do you admire about this person? How did this individual overcome setbacks and demonstrate grit?"

IDENTIFY CHARACTERISTICS

Encourage your child to identify a time when he or she "stuck with" an activity or project rather than quitting. Ask your child, "What strategies did you use to overcome challenges? What was the outcome?"

HELPING YOUR CHILD
BUILD GRIT NOW
WILL HELP HIM OR
HER UNDERSTAND
THAT THEY CAN
ACCOMPLISH
ANYTHING WHEN
YOU WORK HARD.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying strategies to manage challenges and setbacks.



Explaining strategies and skills needed to assess progress and maintenance of a challenging personal goal.



DINNER TABLE CONVERSATION STARTER

Talk about a time when you had to use grit to reach a goal and describe your sense of accomplishment. By sharing your perspective, your child will gain an understanding of the importance of grit and what it feels like when you reach your goals.

