

## 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 three through five, children begin or continue:

- ✓ Spending more time engaged in teamwork and building friendships.
- ✓ Deciding on favorite activities and ways to spend free time.

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

#### ASK YOUR CHILD

Ask your child to describe a time when he or she was trying to learn something new and had to set a personal goal. Ask your child, "What was the most challenging part? How did you overcome this challenge?"

#### IDENTIFY CHARACTERISTICS

Encourage your child to identify characteristics of grit. Some examples include staying focused, having a plan and trying again even when it is difficult.

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:



Describing positive ways to deal with failure and learn from challenges.



Creating a personal goal and tracking progress toward achievement.



#### DINNER TABLE CONVERSATION STARTER

Talk about a time when you had to use grit to reach a goal and describe your sense of accomplishment. Share with him or her some of the obstacles you had to overcome to reach your goal. 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.