

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 kindergarten through second grade, children begin or continue:

- ✓ Identifying and recognizing basic feelings (sad, mad, happy, excited, worried).
- ✓ Identifying personal strengths.

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

CREATE GOALS

Help your child create goals he or she wants to accomplish and a roadmap of how to get there. Discuss potential challenges or setbacks and identify strategies your child could use to work through those challenges or setbacks.



ENCOURAGE GRIT THROUGH PRACTICE

When your child learns new skills inside and outside the classroom, help him or her develop grit through encouraging practice.

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

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying strategies to overcome a challenge.



Discussing the values of goal setting.



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.