

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 developing the perseverance needed to achieve personal goals.

In grades six through eight,
children begin or continue:

- ✓ 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 a time when he or she experienced challenges while working toward a goal. Encourage your child to reflect on what made achieving the goal difficult and how he or she could have approached it differently. 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 FOR YOU AND YOUR CHILD

Ask your child to research a role model's accomplishments and the challenges or setbacks that he or she 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.

