

# PERSISTENCE

AGES 6 1/2-13

MARCH 2019



## POWERFUL WORDS

### CHARACTER DEVELOPMENT

## POWER CHAT

What's the Powerful Word of the Month?

Persistence means: The determination to keep going even when faced with challenges or initial failure.

Imagine you are working on passing a test. Passing the test is your goal because you want to move up to the next level. You take the test and you fail. Should you quit? No! You study again. You practice. You take the test. You fail again. Should you quit? You practice more and get extra help. You study in all different ways. You take the test. It's challenging. You take a few deep breaths, & talk to yourself. You take the test-- and pass! When you stick with your goal until you reach it, you are showing persistence!

This week, we're defining persistence: What does it mean to persist and what does it mean to quit?

### WEEK 1 — A DAY

**First, go over the meaning of the word and points written above. Then say,** when you hear the word "persistence," what words or images come to mind? Someone who is persistent will keep studying, keep practicing, keep asking for help and keep getting up even after they fall and fail. When people are persistent, even when a task or goal gets tough--they don't give up! They what? Don't give up! The persistent little brother/sister will keep asking you to play even after you say no because s/he hopes, eventually, you will say yes! The persistent student/athlete will learn the skill. The persistent writer or artist will keep at it until they create something that makes them proud. When have you shown persistence in learning a skill? What did you do to achieve that goal? What is one tough thing you are working on now? That shows persistence! Persistence is the determination to keep on going even when faced with challenges or initial failure. In other words, "no matter how tough...I won't give up!" (Repeat)

**If you have time:** Just like a baby bird might fall before he flies, tell us about a time when you failed before you succeeded. Everyone has experienced failure! How did you feel when you succeeded?

### WEEK 1 — B DAY

**First, review the meaning of the word of the month and what you discussed in the beginning of the week. Then say,** last time we talked about persistence and what it means to be persistent. Can you remind us what it means to be persistent when we are going after our goals? Yes! Today let's talk about quitting. When we quit in the beginning or middle of working on a goal, what happens to that goal? Think of a goal that you have achieved while attending classes here. If you had stopped at a point when you were challenged or when you failed at doing a skill correctly, where would you be now with that goal? Now think about your favorite activities--if you had quit before learning how to do them, you would not have learned that this activity was one of your favorites! What are some of your favorite activities? If a friend told you s/he wanted to quit because s/he felt s/he wasn't good enough, what might you say? Remember, persistence is when we keep on going even when faced with challenges or initial failure. "No matter how tough...I won't give up!" (Repeat!)

**If you have time:** This is a great time to talk your feelings towards quitting and your experience with it. What are your goals and hopes for your students?

End the class by saying: **"The word of the month is 'Persistence.'**

**What's the Powerful word of the month?"** Have them shout back: **"Persistence!"**

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Last week we started talking about persistence. We talked about what persistence means and what happens when we quit before reaching our goals. If you didn't show persistence when working on one of your recent goals, when might have you quit? What would have happened to your goal if you quit? The only way to reach your goals is to stick to it even when it gets tough. How have you shown persistence lately? (Spotlight a child for a job well done. Let them know you're proud!).

This week, we're talking about what gets in the way: Fear, priorities, character & peer pressure

### WEEK 2 – A DAY

**First, go over the meaning of the word and points written above. Then say,** people stop showing persistence and quit before reaching their goals for many reasons. What gets in the way of our persistence? (1) Fear: Think of the “scary” aspects of going after a goal. What might stop someone from trying again and again (*i.e. fear of disappointing, failing, advancement, change*)? Have you ever been scared when working on a goal-- what scared you? What did you do about it? (2) Overwhelmed: Some people feel like quitting because they have so many things to do and they don't think they can do them all. Have you felt overwhelmed before? When we have goals, we need to work on the most important things first. That's called prioritizing. How do you know what to do first? (3) They don't know that learning and success doesn't happen in a straight line. We don't always get better each time we practice! We have good days and bad days. We might try one method of practicing and studying and find it doesn't work. We fail. We try again! The successful person knows you keep trying anyway.

**If you have time:** Share a time when you were scared while working on a goal. How did you overcome it?

### WEEK 2 – B DAY

**First, review the meaning of the word of the month and what you discussed in the beginning of the week. Then say,** last time we talked about how fear and the feeling of being overwhelmed can affect our persistence when trying to achieve a goal. What are some fears that can get in the way of our goal achievement? We also said that success doesn't come in a straight line- there are ups and downs- what does that mean? Keep going anyway! Today let's talk about some other barriers that can get in the way of our success and persistence. (4) Character! We talk a great deal about powerful words and our character. What are some powerful words that we need to use in order to stay persistent and achieve a goal (*i.e. focus- paying attention, discipline- buckling down, determination- don't be lazy*)? How can lack of character or lack of determination, focus and discipline affect our persistence & achievement? (5) Peer pressure: What happens when friends tell a person to stop working hard and to play, relax or do something else instead? Keep going even when it's challenging!

**If you have time:** This would be a great time to talk to the students about acts of persistence YOU have seen. What/who do you (and they) admire?

End the class by saying: **“The word of the month is ‘Persistence.’**

**What's the Powerful word of the month?”** Have them shout back: **“Persistence!”**

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Last week we continued talking about persistence. We talked about what barriers might get in the way of our persistence and our goal achievement. What are some of these barriers (i.e. fear, overwhelmed, poor character, peer pressure)? What do YOU feel is the biggest barrier to goal success and persistence-- in other words, why do you think people give up? How have you shown persistence lately (Highlight a child in the group and let them know you're proud!)

This week, we are talking about what keeps us working on our goals-- S.P.A.R.K.

### WEEK 3 – A DAY

**First, go over the meaning of the word and points written above. Then say,** just as there are barriers that can get in the way of our persistence and our goal achievement there are also many resources that help us to stay focused, determined and persistent on our path to achieving a goal. (1) **Support:** Who in your family or among your friends/teachers cheer you on when you are having difficulty with a goal? When we have strong support, it's easier to be persistent and stay focused on achieving our goals. (2) **Passion:** Have you ever heard the word "passion" before as it relates to going after goals? Passion is that fire in your belly that spurs you forward and keeps you focused even after failure and frustration. What goal are you passionate about achieving here in class, in school or in another area of your life? (3) **Action:** When we take action on our goal, we move forward! How can "moving forward" help us to keep trying? When we see forward movement, it's easier to stay committed. What action have YOU taken lately to move you forward in your goal? Stay persistent!

**If you have time:** Think of a time when you were particularly frustrated with a goal. Who or what helped? It's important to have strong support!

### WEEK 3 – B DAY

**First, review the meaning of the word of the month and what you discussed in the beginning of the week. Then say,** last time we talked about the resources that keep you persistent and focused on our goals. We talked about "support." What do we mean by "support?" Who helps you when you are feeling frustrated by a goal? Let's talk more about what helps us stay persistent. (4) **Reason:** Some people are working towards their goal because they want to get to the next level. Others work towards a goal because it's exciting and fun or because it means it will allow them to do something new once they achieve it (like join a team or gain a new position). Your "WHY" or reason for doing something makes you practice and work hard. What is the reason you want to achieve your goal? It propels us forward! (5) **Knowledge:** How can learning new skills (that make you better at your goal) help you stay persistent? How can you make sure you keep learning and growing when it comes to your goal? Great!

**If you have time:** Are you helping others achieve their goals? You might be someone's best support! Who are you helping and how?

End the class by saying: **"The word of the month is 'Persistence.'**  
**What's the Powerful word of the month?"** Have them shout back: **"Persistence!"**

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Persistence means: The determination to keep going even when faced with challenges or initial failure.

Last week we continued talking about persistence. We talked about what propels us forward and helps us to stay persistent when we feel challenged by a goal. We talked about Support, Passion, Action, Reason and Knowledge- that spells out S.P.A.R.K. These are the resources that light our fire and keep us going. What/who do YOU think is the best resource when you are feeling frustrated by a goal? How have you shown persistence lately? (Spotlight a child for a job well done. Let him/her know you're proud!)

This week, we're talking about what to do when we feel like quitting or giving up:

### WEEK 4 – A DAY

**First, go over the meaning of the word and points written above. Then say,** sometimes we need strategies to help us deal with our goals and help us to stay persistent when we are feeling frustrated or we keep making mistakes. Have you ever felt like giving up or quitting? We all have. The key is to stay in control and not let the fear, frustration or pressure take over. Here's what we can do: (1) **Talk to ourselves!** We can talk to ourselves like we are talking to a best friend. How can "talking to ourselves" help to calm us down, keep us focused and help us to stay persistent rather than quitting? What can we say to ourselves (*i.e. you can do tough things, just do your best, you'll figure it out*)? When you've been frustrated and overcome with a feeling of wanting to quit, what have you said to yourself to help? (2) You can also talk to a friend, mentor or adult. How can confiding in a mentor, teacher, friend or parent help you to calm down and stay persistent? When have you done this? Who can you confide in when you are having a tough time with your goal? We've all been there- we can help!

**If you have time:** How do you feel when you show persistence? What does it say about you to others?

### WEEK 4 – B DAY

**First, review the meaning of the word of the month and what you discussed in the beginning of the week. Then say,** last time we talked about how "talking to ourselves" and "talking to a friend or mentor" can help us manage our frustration when working on a goal. The positive voice in our own heads or the encouraging words of a mentor can help us get back on the right path. Who do YOU talk to when you are feeling frustrated? What do you say (or what does the other person say) that helps you feel better? Today let's talk about recharging our internal battery! What does that mean? Just like charging a phone or piece of technology, we need to recharge! Sometimes we feel full of energy when working on a goal and other times, we feel tired and lazy. What can you do to recharge your battery (*i.e. talk to a friend, take a walk, exercise, eat something energizing, listen to music*)? Can recharging your internal battery really help you to stay persistent in the face of frustration or challenge?

**If you have time:** Finish this sentence; "I am showing persistence when I" (*i.e. don't quit, try again, recharge & restart*). Do you show persistence?

End the class by saying: **"The word of the month is 'Persistence.'"**

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