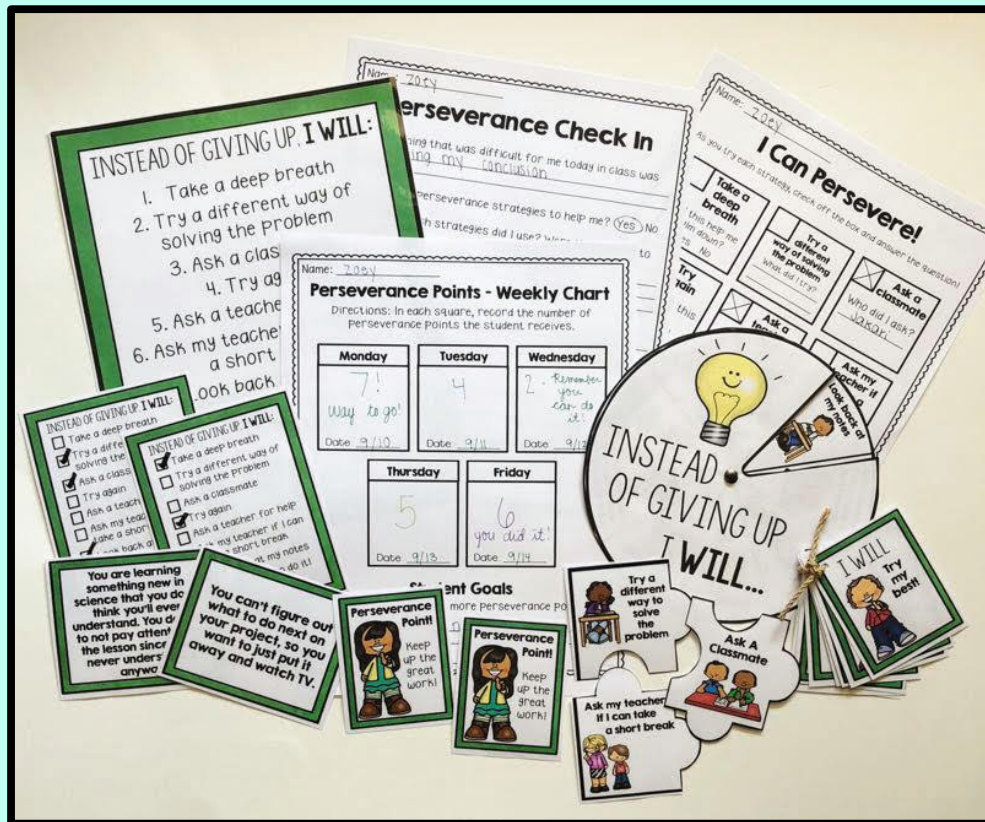


# Use these perseverance activities to help your students learn and practice 9 perseverance strategies!



These activities are perfect for:

- Perseverance lessons or small groups
- Growth mindset lessons or small groups
- Students who give up easily
- Students who could benefit from learning and applying perseverance strategies
- Classroom, small group or individual lessons

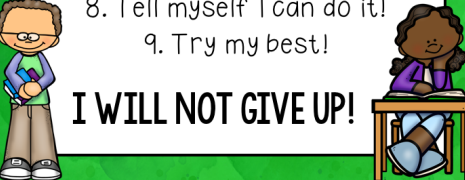
# Perseverance Strategies Poster

This poster includes the 9 perseverance strategies covered in this resource. It can be displayed in your classroom or office, or used as a visual aid while completing the activities in this resource.

INSTEAD OF GIVING UP, I WILL:

1. Take a deep breath
2. Try a different way of solving the problem
3. Ask a classmate
4. Try again
5. Ask a teacher for help
6. Ask my teacher if I can take a short break
7. Look back at my notes
8. Tell myself I can do it!
9. Try my best!

**I WILL NOT GIVE UP!**



## Perseverance Strategies Cards

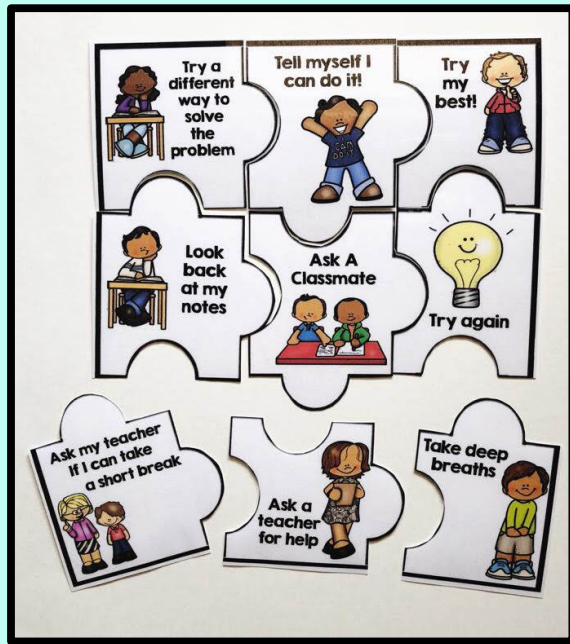
Includes one card for each perseverance strategy. These can be used to make a booklet that can be kept by the students. These can also be used to play a matching game!





# Perseverance Strategies Puzzle

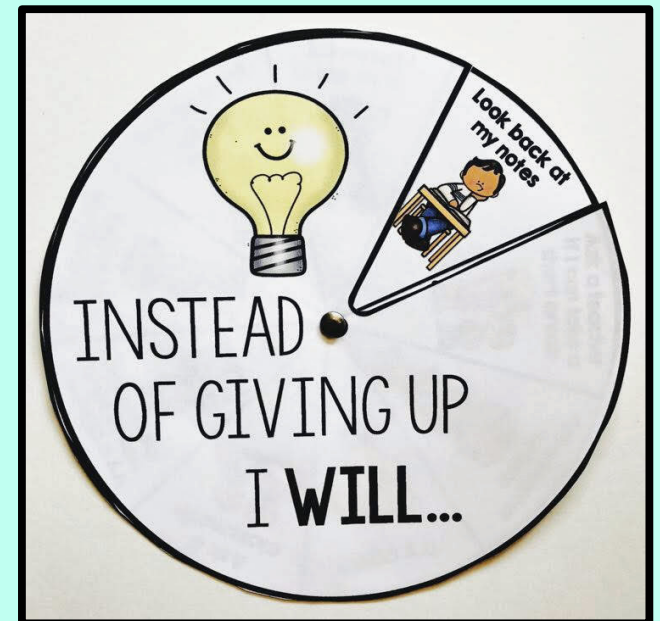
This puzzle includes the 9 perseverance strategies covered in this resource. Students will put the puzzle together, and get a chance to practice the perseverance strategies if they get frustrated! Students can also race to see who can finish the puzzle first.



# Perseverance Strategies Spinner

This spinner includes the 9 perseverance strategies covered in this resource.

Students can keep the spinner as a reminder of the strategies, or one can be kept in the classroom for the teacher to refer to when students are struggling.



# Perseverance Strategies Task Card Activity

Students will look through 12 task cards and decide which perseverance strategies they could use in each situation. Students will mark their answers with dry erase markers or clothespins.



## Perseverance Points

Includes two sets of cards (one with a boy pictured and one with a girl pictured) to use as positive reinforcement when you see your students using perseverance strategies. Also includes 4 data sheets to keep track of your students' progress!

Name: Zoe

### Perseverance Points - Weekly Chart

Directions: In each square, record the number of Perseverance Points the student receives.

| Monday                         | Tuesday                        | Wednesday                                 |
|--------------------------------|--------------------------------|---|
| 7!<br>Way to go!<br>Date: 9/10 | 4<br>Date: 9/11                | 2 - Remember you can do it!<br>Date: 9/12 |
| Thursday                       | Friday                         |   |
| 5<br>Date: 9/13                | 6<br>you did it!<br>Date: 9/14 |   |

**Student Goals**

My goal is to receive 20 or more Perseverance Points

I can accomplish my goal by not giving up

If I reach this goal, I will feel proud

# Includes 4 perseverance worksheets!

Students will reflect on how well they persevere and how they can show perseverance in the future! Students will also consider what perseverance is and why it's important.

Name: \_\_\_\_\_

### Perseverance Self Assessment

Please rate these questions based on to what extent they are true or false:

|                 |
|-----------------|
| 1- Always False |
| 2- Mostly False |
| 3- Not Sure     |
| 4- Mostly True  |
| 5- Always True  |

I stick with what I'm doing, even if it \_\_\_\_\_  
1 2 3 4 5

When I don't understand my class work \_\_\_\_\_  
1 2 3 4 5

I can name 3 things that I can do if I feel \_\_\_\_\_  
1 2 3 4 5

I can name 5 things I can do if I feel \_\_\_\_\_  
1 2 3 4 5

I know something positive I can tell myself \_\_\_\_\_  
giving up.  
1 2 3 4 5

I think it is important to persevere \_\_\_\_\_  
1 2 3 4 5

Name: \_\_\_\_\_

### Perseverance

- One thing that was difficult for me \_\_\_\_\_
- Did I use perseverance strategies? \_\_\_\_\_
- If yes, which strategies did I use? \_\_\_\_\_  
\_\_\_\_\_
- One thing I worked really hard on \_\_\_\_\_
- One thing I could have worked on \_\_\_\_\_
- Did I put in my best effort today? \_\_\_\_\_
- Did I complete all of my work today? Yes No \_\_\_\_\_
- Something I can do better tomorrow is \_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_

### I Can Persevere!

As you try each strategy, check off the box and answer the question!

|  |   |  |
|--|---|--|
| <input type="checkbox"/> <b>Take a deep breath</b><br>Did this help me calm down?<br>Yes No  | <input type="checkbox"/> <b>Try a different way of solving the problem</b><br>What did I try?<br>_____        | <input type="checkbox"/> <b>Ask a classmate</b><br>Who _____       |
| <input type="checkbox"/> <b>Try again</b><br>Did I get it this time?<br>Yes No               | <input type="checkbox"/> <b>Ask a teacher for help</b><br>Who did I ask?<br>_____                             | <input type="checkbox"/> <b>I can show</b><br>Did the _____<br>Yes |
| <input type="checkbox"/> <b>Look back at my notes</b><br>Did I find what I needed?<br>Yes No | <input type="checkbox"/> <b>Tell myself I can do it!</b><br>What positive message did I tell myself?<br>_____ | <input type="checkbox"/> <b>This is</b><br>This _____              |

The strategy that worked best for me \_\_\_\_\_

Name: \_\_\_\_\_

### All About Perseverance!

- What does the word "perseverance" mean to you?  
\_\_\_\_\_
- Why is it important to have perseverance?  
\_\_\_\_\_
- What will perseverance help you accomplish?  
\_\_\_\_\_
- In what areas of your life is it easy for you to persevere?  
\_\_\_\_\_
- In what areas of your life is it difficult for you to persevere?  
\_\_\_\_\_
- What is something positive you can tell yourself when you feel like giving up?  
\_\_\_\_\_
- What are three steps you can take to get better at perseverance?  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_