



Weekly SEL skill:

Grit

Grit is having passion and perseverance for long-term goals. It isn't talent, it isn't luck, it isn't wanting something really bad, but instead it's about having a goal you want to achieve so badly that you'll do anything to get there. Without grit, it's harder to meet your goals. You might think of not working toward it anymore when things don't go as planned or become difficult, and eventually might give up on your goals completely.

With grit, you don't give up, even when you fail or things get hard, and remind yourself that regardless of the speed at which you are meeting your goals, you'll eventually get there. It is having courage and determination, despite difficulty.

Help your students to improve

Here are some activities you can do with your student(s) to help them work on improving their humility.

- Read a book with your child about grit and resilience. Books such as "A Thousand No's" or "I am Courage" are two great books to start with.
- Help your child learn how to problem solve when they want to give up on a task.
- Encourage your children to find their passions and practice a growth mindset.
- Read true stories about resilience to help your child connect them to their own life. You can have your child research and write a journal entry about a famous person, such as Nelson Mandela, to show them an example of perseverance in the face of adversity.