

### We can do this!

In previous weeks, we introduced our plan to teach important Social and Emotional skills to our students. We've talked about self-awareness, self-management, and this week we are introducing self-efficacy. *Perseverance* is a much easier way to understand its meaning. In order for us to navigate the hard lessons in life, and achieve our goals, our toolbox needs to be filled with the skills needed for future successes. Self-motivation, good communication, overcoming mistakes, patience and a "don't give up" attitude are all qualities of a successful and confident human being.

On the other hand, without building these important skills, there is danger lurking. People who have trouble persevering may feel less confident, struggle with self-esteem and may avoid hard challenges. Does your child give up too soon when learning to ride a bike or learning a new sport?

According to AboutKidsHealth, "One of the biggest mistakes adults make is preventing a child from experiencing failure. As parents we want to protect our child from experiencing disappointment. But a child who never learns to face obstacles does not learn how to rely on internal strategies to cope with them. As a result, you weaken your child's ability to handle life's disappointments.

Instead, teach your child how to fail better. A child learns persistence when, after experiencing a setback, they continue to try again. When facing a setback, tell your child each failed attempt is a learning experience. It is a 'step' to get to where they want. This helps redirect focus from the failed result to a more constructive question, like "What can I do differently next time I study for this test?" This way your child learns to adapt to failure or disappointment, not succumb to it.

They listen and watch what you say and do. Parents are a child's primary role models. Share your own disappointments and willingness to work towards a goal. Continually express your belief in your own success. Watching you persevere to achieve a goal or overcome an obstacle tells a child they too can successfully manage their own environment." For more from AboutKidsHealth go to <https://www.aboutkidshealth.ca/Article?contentid=1964&language=English>

Click below to see a short video on perseverance.

<https://resilienceguide.org/>

When you see your child struggling here are some phrases you might try.

## 10 best phrases to teach resilience to your kids

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|---|---|---|---|---|
| <br><b>1</b><br><i>Goal</i><br>Humour<br><i>Phrase</i><br>"Come on, laugh it off"  | <br><b>2</b><br><i>Goal</i><br>Contain thinking, perfectionism and anxiety<br><i>Phrase</i><br>"Don't let this spoil everything" | <br><b>3</b><br><i>Goal</i><br>Distraction<br><i>Phrase</i><br>"Let's take a break"              | <br><b>4</b><br><i>Goal</i><br>Handling worry and asking for help<br><i>Phrase</i><br>"Who have you spoken to about this?" | <br><b>5</b><br><i>Goal</i><br>Offering hope<br><i>Phrase</i><br>"I know it looks bad now but you will get through this" |
| <br><b>6</b><br><i>Goal</i><br>Positive reframing<br><i>Phrase</i><br>"What can you learn from this so it doesn't happen next time?" | <br><b>7</b><br><i>Goal</i><br>Acceptance<br><i>Phrase</i><br>"Don't worry – relax and see what happens!"                        | <br><b>8</b><br><i>Goal</i><br>Perspective<br><i>Phrase</i><br>"This isn't the end of the world" | <br><b>9</b><br><i>Goal</i><br>Flexible thinking<br><i>Phrase</i><br>"You could be right. But have you thought about ..."  | <br><b>10</b><br><i>Goal</i><br>Taking action<br><i>Phrase</i><br>"What can we do about this?"                           |

To support your child in becoming more resilient here are some skills and characteristics to work on.



## Primary Activities

### Perseverance and Positive Self-Talk



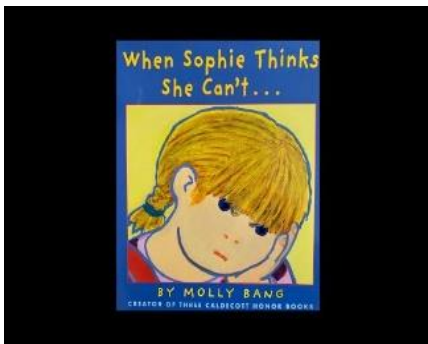
This week we are focusing on a strategy, or tool, that can help us with perseverance. Perseverance is a big word that means to keep trying, even when things are frustrating, hard, or uncomfortable. I'm sure there are many times that you had to persevere in order to learn something new. Some examples might be learning how to ride a bike, practicing tying your shoes, memorizing a new dance, and even school tasks like reading! What we say to ourselves, even in our own heads, is called "self-talk." Positive self-talk is what we say to ourselves that can help us stay calm and keep trying (or persevere) to finish a hard task. Negative self-talk is what we say to

ourselves that can make us feel bad and can stop us from staying calm and trying to finish a hard task. This week's lesson is about practicing using our positive self-talk tool in order to persevere!

Here is an example of negative self-talk and positive self-talk:

Negative Self-talk	Positive Self-Talk
I'm never going to see my friends again.	I can see my friends during our class video chat.

Watch this read-a-loud about a girl named Sophie who uses negative self-talk, but her classmates and teacher help her to think about what she CAN do. "When Sophie Thinks She Can't" <https://www.youtube.com/watch?v=rEGvFksI35k>



- What does Sophie say she CAN'T do?
- What do Paula and Andrew tell her that she CAN do?
- What did Mrs. Murray say is the most important word to say when you feel like you can't do something?
- You are right, it is **YET!** Yet means that you have not learned something now, but you will at another time.
- Think about all the things you learned this year that you could not do (yet) last year.

Examples:




Last year, I could not **tie my shoes** yet, but this year I can.

Last year, I could not **write my name** yet, but this year I can.

Last year, I could not **read a book** yet, but this year I can.

Talk to a family member about some of the things you learned this year, and who helped you learn them?

With a family member, change the statements below from negative to positive self-talk. You may even want to use the word, "yet."

Negative Self-talk	Positive Self-talk
There's nothing to do at my house! I'm so bored.	
I'm so bad at math. I'm never going to understand it.	
Since I don't have my reading buddy at school to read with, I don't want to read anymore.	

## Intermediate Activities



This week we are talking about resiliency. Being resilient means that we can recover from challenges and when things don't go the way we hoped – we don't give up, we keep trying! Being resilient also means we have a Growth Mindset, which means that with effort, we can increase our knowledge, talents, and abilities.

Watch [this video](#) of a reading of Bubble Gum Brain by Julia Cook and then think about the questions below!


Questions:

1. Have you ever had brick brain?
2. What was something that you had to practice to get better at?
3. When was a time that you could have used the power of YET?
4. What endless possibilities does your bubble gum brain give you?

The next time you feel discouraged, powerless, or stuck, read and follow the steps on the poster below. Remember, just because you don't know how to do something at the moment, it means you don't know how to do it...YET!



# WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.
2. I may not be able to control this situation. But I am **in charge** of how I respond.  

3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. **Breathe.** And **do** the next **right thing.**