



PERSEVERANCE

PurposeFull Pursuits

PurposeFull
People

Have some fun connecting as a family this month while practicing Perseverance. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

Pursuit #1

Consistency is hard. Have each person in the family commit to 1 thing they will do each day this week. Maybe it is flossing, drinking a certain amount of water, getting to bed at a certain time, limiting screen time, or exercising. Create a place where each person can tally their progress and see who can keep their streak going the longest!

Pursuit #2

Review Perseverance as a family! Remember that Perseverance is pushing yourself to work through challenges and obstacles. **Here's a fun challenge:** Can you fit your whole body through an index card? While it sounds impossible, with the correct folding and cutting technique, you can make it happen! Give each family member a 4x6 index card and a pair of scissors. Ready for the answer? You can find the directions and solution online by searching: "Fit Your Body Through an Index Card."



Pursuit #3

We have all demonstrated Perseverance in our lives. Many of us have seen people practice Perseverance in ways that have inspired us. Stories are powerful tools for connecting as a family. Protect time this week to share stories about Perseverance with each other (you can use the story prompts to get started). At the end of the conversation, think of 1 way you can practice Perseverance this week.



Story Prompts:

- A time I (or someone else) showed Perseverance was ____.
- An act of Perseverance that changed/challenged me was ____.

