

Dear Families/Caregivers,

Resilience is the ability to manage and recover from daily setbacks and adversity. It is the inner resolve that although a situation may be out of the person's control, he or she can control his or her perception and response.

We have been learning about persistence. Persistence is the strength to keep trying even when you want to quit. The following are strategies for developing persistence.

**Remove the word can't from your vocabulary.**

Turn negative words into positive words.

**Add the word yet.**

Instead of saying, *I don't get it.* Say, *I don't get it, yet.*

**Do just a little bit more.**

Doing just a little bit more will help you build your confidence and move you closer to reaching your goal.

**Give yourself a break.**

Walk away and do something else. Come back to the task with a fresh new perspective.

Encourage your child to use some of these strategies to develop his or her persistence when things get hard. Praise your child as much for his or her effort as his or her success.

Sincerely,

Your Child's Teacher