



# activities to build **GRIT & RESILIENCE** in children



by Big Life Journal

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## HELP YOUR CHILD FIND PURPOSE

Discuss their goals and purpose in life. Then, talk about the steps that would be required in order for your child to reach their goal. Encourage them to create a dream board to help visualize their purpose and goals.

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## ENCOURAGE TO CONDUCT "GRIT INTERVIEWS"

Encourage your child to interview grandparents, neighbors, or other acquaintances who have worked hard toward a long-term goal.

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## SHARE STORIES OF GRITTY FAMOUS PEOPLE

Encourage your child to study famous people (and their failures) like Michael Jordan or J.K. Rowling. These examples will show your child that perseverance through failure can lead to great success.

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## TEACH ABOUT GRIT THROUGH NATURE

Read together the Tupac Shakur poem "The Rose That Grew from Concrete." Then discuss what represents the "concrete" in their life. What are their obstacles? Next, discuss how your child can "break through concrete" like the rose. What can they do to overcome obstacles and reach their dreams?

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## TEACH ABOUT GRIT THROUGH LITERATURE

Read classic stories of perseverance like "The Little Engine That Could" or Dr. Seuss's "Oh, The Places You'll Go." Help your child form connections to their own life. Talk about their challenges, response to failures, and how to live with grit.

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## ASK, "WHAT'S THE HARD PART?"

When your child feels discouraged or tempted to give up, try asking them, "What's the hard part?" After the two of you have identified the challenge, ask your child what they could do to fix or overcome "the hard part."

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## FOLLOW THE "HARD THING RULE"

The rule has three parts: 1) Each member of the family has to do something hard. 2) You must finish what you start. 3) No one gets to pick the "hard thing" for anyone else, so your child gets to choose his own challenge.

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## TRY THE "GRIT PIE" EXERCISE

The pie represents an obstacle your child is facing. Each slice of pie symbolizes a cause of the problem. For each slice, analyze whether their thoughts about the problem are permanent or temporary and whether they blame themselves or others.

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## SHARE YOUR PASSIONS

Show your child your excitement about activities outside of working and parenting, and devote time to developing these passions.