

- PERSEVERANCE -

WHAT

Perseverance is the drive to keep doing something even when it's difficult.

We want to learn strategies to persevere:

- + **mentally** - e.g. *stick with a tough math problem*
- + **physically** - e.g. *keep our bodies going to finish the race*
- + **emotionally** - e.g. *manage strong feelings that persist over time*

In the Flexible Mindsets model, perseverance is more than just effort, willpower or trying harder. It includes the strategies we use to get unstuck and face challenges.

WHY

Perseverance is needed because...

- + life is full of challenges and setbacks
- + things don't always work the way they should or the way we want them to
- + we make mistakes and fail

Perseverance is what helps us to be flexible, try again and/or do something different so we can reach our goals.



HOW

When we teach students how to persevere, highlight that there are a variety of strategies we can use and that what works will be different for everyone and depend on whether the challenge is mental, physical or emotional.

A team challenge game is a great way to illustrate a variety of different strategies we can use to persevere.

1. Share the definition of perseverance with students and have a group discussion about why we want to learn strategies to persevere.
2. Gather simple resources you probably already have such as plastic cups, straws, rubber bands, tape, cardboard, etc.
3. Instruct students, in teams of 3 or 4, to build the tallest freestanding tower they can using the items within 15 to 20 mins.
4. Ask them to notice their thoughts, feelings and actions as they build.
5. After the challenge game, facilitate a discussion by filling out the chart below (either in small groups or as a class) with what it looks like, sounds like and feels like to persevere.
6. Remind students that these are the types of strategies they can try when they are mentally, physically or emotionally stuck or they want to give up. You might choose to also share a more nuanced understanding of perseverance that also includes knowing when to quit. Quitting isn't negative - it's giving ourselves permission to pivot and do something different when we've tried different strategies and what we're doing still isn't working.

PERSEVERANCE:

THE DRIVE TO KEEP DOING SOMETHING EVEN WHEN IT'S DIFFICULT



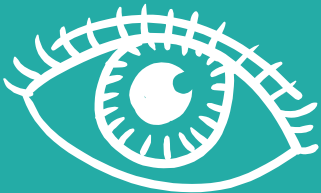
FEELS LIKE

e.g. What did you notice in your body and what emotions came up when something didn't work or you were stuck? How did you feel when you tried something different?



SOUNDS LIKE

e.g. What phrases did you say and what did other people say when it got difficult or wasn't working that helped you to keep going?



LOOKS LIKE

e.g. What did you try and what did you see other people doing when it got difficult or it wasn't working?