

### BIG IDEA



Everyone is going to face challenges in their life, even our kids. Perseverance is never giving up. It's not being stopped by a bad outcome or difficult task, but always moving forward. Teaching our children to be perseverant, even at a young age, will help them grow into being successful adults. Spend time this month as a family talking about perseverance and how you can persevere at home, at school, and in your community.

### ACT IT OUT

**At Home:** Perseverance isn't always about overcoming failure or learning new things. Sometimes we have to persevere when we don't want to do something. A great example of that for our children is having to do household chores. Often it's a struggle to put down the game or screen to do the tasks they are responsible for. Sit down with your children and explain to them why it's important for these tasks to be done and how your family succeeds when things get done around the house.

**At School:** School is one area where our children are most likely to need perseverance. Sit down with your child and ask them if they are struggling to learn or understand something they are being taught. Work together to come up with a success plan and way to overcome if they should fail. Encourage them to think positively and reassure them that you are with them every step of the way. Enlist the help of your child's teacher if your child is struggling with new concepts. Ask for simple ways to help your child persevere and succeed.

**In Community:** Perseverance in my community, but how? Find a local 5k fun run for your family to compete in. It may take lots of perseverance if you've never attempted a run before. Pick a date and plan time to train. Make it a fun time. Another opportunity could be to join in on a Habitat for Humanity build or other volunteer community clean-up effort. Be sure to talk about how you feel while doing the task and afterward, how you feel about completing the goal.

### TALK ABOUT IT



- Week 1:** When was a time you wanted to quit doing something? What did you choose?
- Week 2:** How did you feel when you wanted to quit? How do you think you will feel when you keep going and succeed?
- Week 3:** Is there something that is challenging you? How can we help you persevere?
- Week 4:** What is something our family has persevered through this month?

### CALENDAR YOUR KIDS



On your child's birthdate day, schedule a specific time to spend with your child. *Example: Your child's birthday is 10/15. You would plan time for that child on the 15th of each month.*

**Beginner Idea:** Pick a new game or activity to play with your child. As you play, tell them that you will work together to help them succeed and that you will not give up on them.

**Advanced Idea:** Create a scavenger hunt, either inside or outside of your house. Let your child find the items on the list and help if needed.