

just keep trying

USING GRIT AND DETERMINATION
TO DO HARD THINGS





TO USE THIS RESOURCE

Welcome to the Teach Me How Subscription!

Q: Why does my family need this?

Teaching is the HARDEST part of parenting! Especially teaching in a way that is fun, positive, and cultivates a stronger connection. This subscription is made for families, to give you tools to deliberately teach social and emotional skills while simultaneously becoming a stronger family!

Each month you will be sent a themed resource that includes:

- **A Lesson** (interactive, short, and perfect for young minds)
- **Role Plays** (the powerhouse for teaching skills)
- **A Visual Cue** (put it in a place where everyone will see)
- **An Activity** (drives the lesson home, more fun for everyone)
- **And more!** (extension ideas, teaching tips, etc)

Q: Who should teach?

These resources were written with the intention that ANYONE in the family could teach them. We suggest involving your children as much as you can! Invite them to teach portions of the lesson or lead the activity (because when they do, there's so much more buy in).

Q: What ages is this for?

With simple adaptations these lessons are for children between the ages 3-18.

Q: How much time will it take?

Each resource is intended to be adaptable to fit in the time you already have. Don't feel pressure to do it all! It can stand alone as a one-time lesson or act as a mini lesson each week for the whole month. We've indicated an estimated time frame for each section - do what fits and trust that what you have time for will be enough.

A guide to the symbols you'll find:



CLOCKS: This shows up at the beginning of each section to let you know how much time it should take. Pick and choose the things that will fit your schedule!



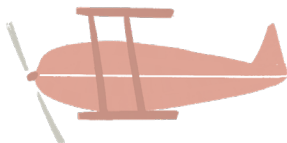
TIP FOR GROWN UPS: Here are some really helpful tips that apply to helping kids learn any topic!



CUTOUT: You'll need to print this page off and cut it out to use it!



SUPPLIES: You won't need glue necessarily, but this will be next to a list of supplies you will need for that section of the resource.



FUN FACT: A short quote, story or bit of brain science related to the topic that kids are sure to remember.



Simplify on purpose

Lesson: A Story of Grit



scissors
glue or tape
popsicle sticks



TIP FOR GROWN UPS

FOCUS ON EFFORT AND PROGRESS RATHER THAN RESULT. INSTEAD OF "YOU'RE SO SMART." TRY "YOU ARE WORKING SO HARD."!

What's grit?

Have you ever had to do something super difficult and you didn't give up? You kept trying? **Well, that's grit!** Having grit helps you work hard, finish what you start, and achieve your goals.

Let's tell a story!

To learn more about GRIT, let's tell the family a story.

You'll first need:

- cut outs of the puppets on pages 5-6, attached to popsicle sticks
- 1 person to tell the story
- 1 person to do the puppets



Psst! Every time the reader says the line in the story **"Even though it was hard"** the person with the puppets should hold up the sign that says **"Just keep trying!"** and everyone says it together!



A True Story of Iron Will

1 In 1917 there was a young man named Fred Hartman. He was a "musher". A musher is someone who drives a team of dogs that are harnessed to a sled! He was really good

WHEN YOU GET TO A NUMBER, HOLD UP THE PUPPET THAT MATCHES!

at it too. He won races that were 100 miles long with his team of dogs. Even though it was hard. **5 (Everyone: "Just keep trying!")**

2 One day he heard about the most incredible dog race ever called the Red River Derby. There had never been a race like this before. It was the longest dog race in history, being over 522 miles long. Whew!

1 2 Fred entered the race. Everyone was so excited. There were newspaper reporters everywhere telling the story as the dog sled teams gathered in the city of Winnipeg to start the race.

The night before the race Fred's dogs got in a fight and his lead dog died. People said "He has to be out of the race now. How can he race without his lead dog?"

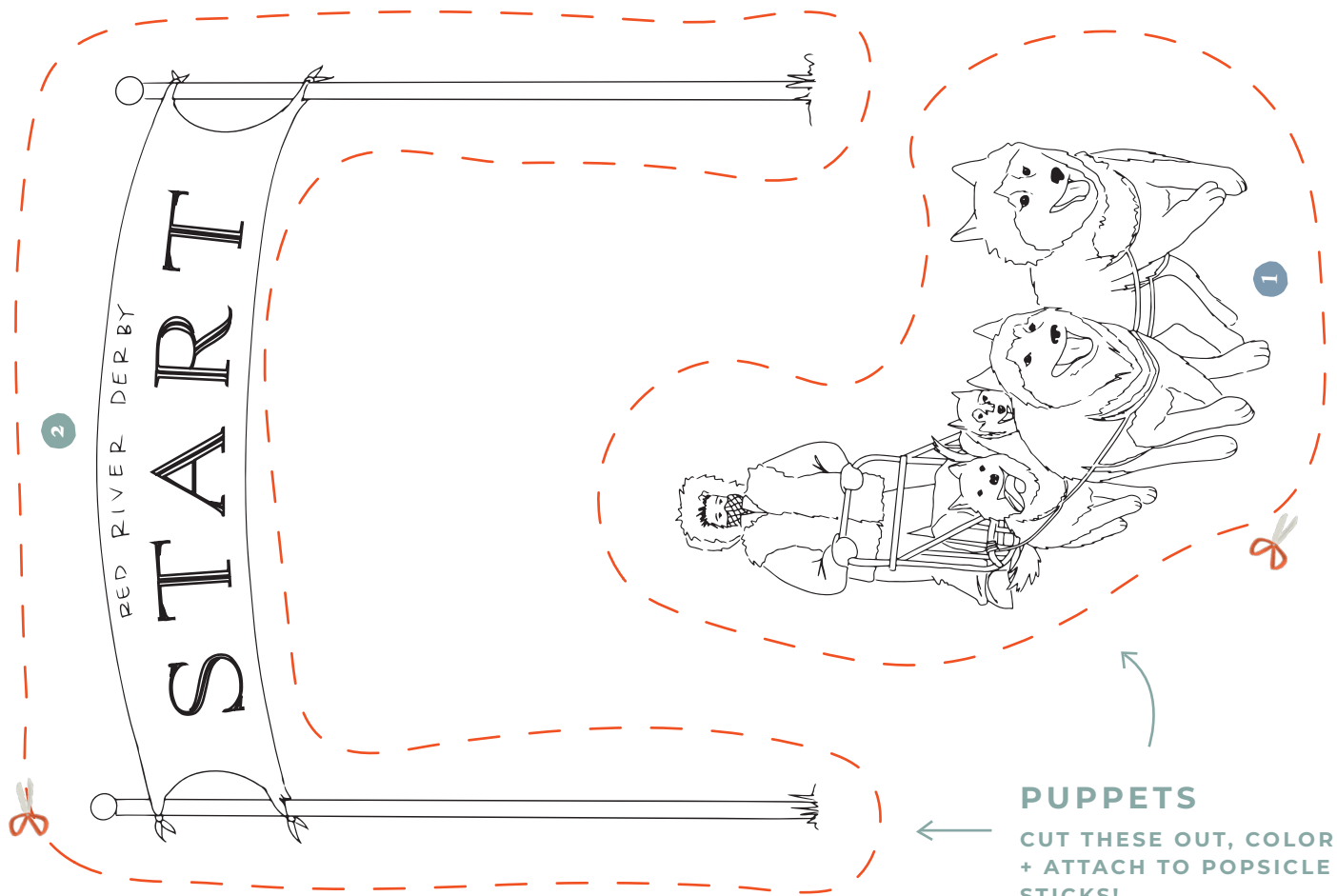
On the morning of January 24th, Fred Hartman lined up with the rest of the teams to start the race even though it was hard. **5 ("Just keep trying!")**

1 3 Fred pushed through the deep snow and minus 25 degree weather day after day pulling his team of dogs. Arriving at rest stops (almost always last) with his feet, hands, and face frozen, people suggested that he quit but he only answered "I am going to finish the race." even though it was hard. **5 ("Just keep trying!")**

He slept less and less, one night waking up at 2:00 in the morning to harness his dogs and quietly leave hoping to get a head start.

The news of Fred's determination was on the front page of every newspaper in America. **4 People would come out of their homes (even in the freezing weather) to watch and cheer him on as his team passed by.** No one wanted to miss the brave Fred Hartman and his dogs. His strength became a symbol of hope! Even though it was hard. **5 ("Just keep trying!")**

At the beginning of the race there were 11 teams, and on February 3rd only 5 teams crossed the finish line. Fred Hartman was the last one to arrive, struggling to get his dogs past the finish line. **1 4 Though he was the last one to arrive he was given a standing ovation by the entire crowd who waited in the cold for the young man with an iron will.**





4

Let's Discuss!



- What did you think of that story?
- How does it inspire you to do hard things too?
- When have you felt determined to figure something out?
- What helps you feel stronger when things get hard?

JUST KEEP
TRYING

5



Visual Cue



PUT THIS SOMEWHERE AS A REMINDER!



Simply on purpose

Role Plays



Pick one to act out at the dinner table or in the car.



Make a role play night of it! Put all the ideas in a jar and take turns picking.

Here are questions to ask yourself to help you do the role plays:

- How could I solve this problem?
- What could I say to myself that would be kind?
- Who could I ask to help me?



Someone at school teases you for getting a bad grade on an assignment.

Your sibling just knocked over a tower that you spent a lot of time building.

You are in a dance class and the new steps are really tricky.

You're hiking with friends and you're tired but the hike isn't over yet.

You want to learn all of your math facts.

Your mom asks you to clean up a messy toyroom.

You are learning to ride a bike and you keep falling over.

You are playing a game with your sibling and it looks like you are going to lose.

You are in a school play and mess up your lines.

You are making your lunch but your sibling takes the last of your favorite foods.

Activity: Getting a Goal!



15 min set up, then just keep trying until you've met your goal!

What do you want to be great at?

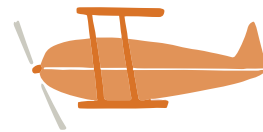
Did you know that setting a goal helps us be more persistent (that's GRIT!)

Just like Fred set a goal to finish the race, you can set goals to help you achieve your dreams!



Let's set a goal!

Use the following pages to help you come up with a goal that is motivating to you and make a plan to help you get there.



MORE WAYS TO HAVE FUN! IDEAS TO EXTEND YOUR LEARNING

- Collect stories from friends and family about when they had grit. Make sure to ask what obstacles they had to overcome to achieve their goal!
- Look around - what books in your home show characters with grit?
- Do a few puzzles together. Start with one that is easy enough to do on your own and then work your way to more difficult ones with more pieces.
- Make your own puppets to show your own story of grit.



DID YOU KNOW?

UNLIKE IQ (WHICH STAYS THE SAME YOUR WHOLE LIFE) GRIT IS THE TYPE OF SKILL THAT ANYONE CAN DEVELOP! AND MANY RESEARCHERS BELIEVE A CHILD'S DETERMINATION IS EVEN MORE IMPORTANT THAN HOW SMART THEY ARE. THAT'S SUPER COOL!

1 WHAT DO YOU WANT TO BE GREAT AT? Think of something you want to learn or get better at.

MY GOAL: _____

2 HOW WILL YOU DO IT? Will it require daily practice? Weekly?

MY PLAN:

4

HOW WILL YOU KNOW YOU'RE DONE? Is there an event you'll attend? A skill you'll have mastered? What will reaching your goal look like?

REACHING MY GOAL WILL LOOK LIKE:

3

WHAT HELP WILL YOU NEED ALONG THE WAY? What will you do or say if it gets hard? Who can help you?

WHEN I GET STUCK I WILL:

5

HOW WILL YOU CELEBRATE WHEN IT'S DONE? Will you call and tell someone? Will you use your new skills? Will you treat yourself?

AT THE END, I WILL:

MY GOAL: _____

TRACKING SHEET

Cut out and add footprints from pages 12 or 13 along the path to track progress. This will help you see your hard work paying off!



Simply on purpose

Paw Prints




















































Think of how many pawprints you'll need to achieve your goal. **Examples: Do you plan to practice a song on the piano every day for a month? You'll need 30 footprints. Do you plan to finish a chapter book? You'll need a pawprint for each chapter.** Cut out your pawprints and glue them along the path on your tracking sheet. Then, color in the pawprints as you go to keep track of your progress.

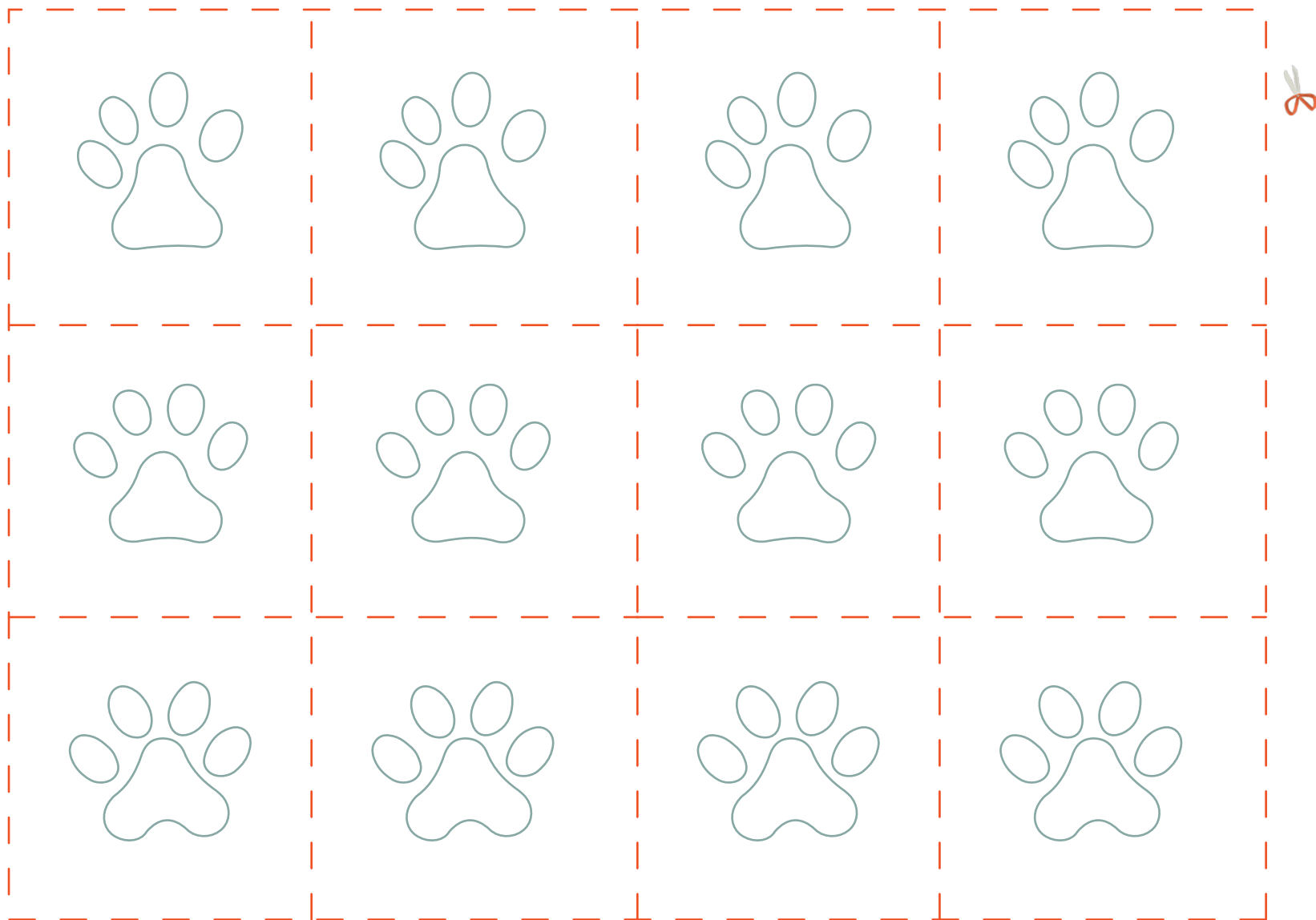

1 PAWPRINT

=

I NEED

PAWPRINTS



If you enjoyed this resource, you might also like...

CLICKABLE
LINKS!



Growth Mindset

This two page printable includes examples of fixed vs. growth mindset and changes you can make to your dialogue to encourage growth mindset in yourself AND in your child.



Teach Your Child Courage

This comprehensive guide will empower you to teach your child the value of Courage. The 18 page collection features simple, but effective ideas to help parents intentionally incorporate teaching this important value in their homes.



Teach Your Child Honesty

This comprehensive guide will empower you to teach your child the value of Honesty. The 17 page collection features simple, but effective ideas to help parents intentionally incorporate teaching this important value in their homes.

teach me how

Simply on purpose



teach me how

HELPING
LITTLE PEOPLE
BECOME THE
BEST KIND OF
PEOPLE