

Character Education

Perseverance

Important Dates:

Guidance Lessons	1 / 10 - 1 / 24
MLK Jr. Day	1 / 21
Medal of Honor	1 / 25
Family Night	1 / 31

"Perseverance is failing 19 times and succeeding the 20th."
-Julie Andrews

Reminders

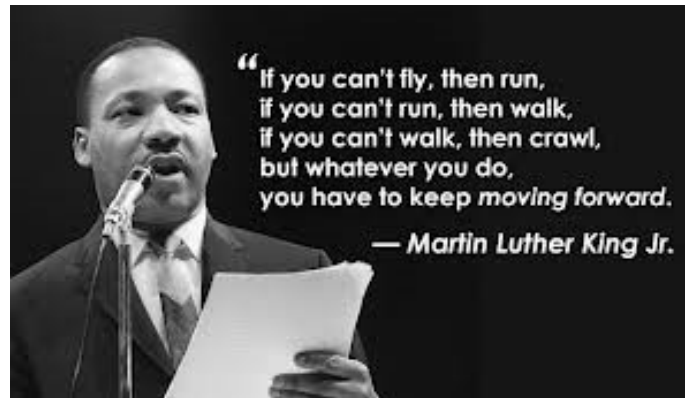
- Sign-up for guidance lessons through Google docs.
- Teachers will select a student for Medal of Honor.
- Please document any conferences, phone calls, or activities in the classroom that included parents. Make sure to always have a sign-in sheet.

It's January! We are just about half-way to the finish line. Do we give up now when we know how much further the distance is from the point we are now? Try not to think too much about the road ahead, and congratulate yourself on making it this far. Progress is in the making.

This month we will discuss perseverance. Students should learn to set goals for themselves and learn to overcome obstacles they will have to face in order to reach them.

Lessons & Activities

Lemons: Have students set an individual academic goal. Choose a student to share. The student should list all of the obstacles that might get in his/her way. For each obstacle, give the child a lemon. In the end, discuss the importance of using what you



have been given to make a sour situation into something sweet. The teacher can make lemonade for the class.

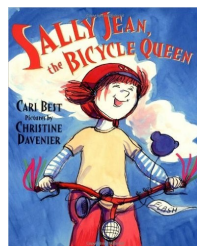
Board Games: Students can play a board game to learn patience. Not every student will be a winner, but he/she must learn that it takes time to learn the strategies you will need to accomplish your goal.

Writing Prompt:

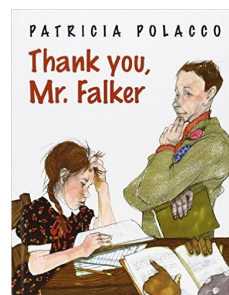
What obstacles have you had to face in your life? Explain how you overcame it.

Name a role model in your life that has persevered through difficult situations. What makes him/her a role model to you?

Books You'll Love



Sally Jean the Bicycle Queen
by Cari Best



Thank you, Mr. Falker
by Patricia Polacco

Luke Goes to Bat

by Rachel Isadora





Goal Setting Strategies

How to Help My Child Learn to Succeed

1. **Talk to your child** about setting goals for him/herself. Goals could be academic or something as easy as saving their money to buy a new video game they have been wanting.
2. **Set mini-goals first.** If your child is reading a novel, encourage him/her to read a chapter a night. As time goes on, adding an extra chapter or two a night won't feel so bad. Pretty soon the whole novel will be completed!
3. **Kids choice!** Let your child choose what he/she wants to do. The goal should be something that they want to accomplish on their own.

Setting Goals



4. **Get to know your child.** If you know that your child is struggling with math, talk to your child about making a plan to help him/her make better grades. You could write up a calendar, go to the store to look for resources, and even help them time themselves to see how fast they could answer their multiplication problems.
5. **Be the example.** If you have a goal for yourself, show your child how you are trying to reach it. For example, if you are trying to be more fit, have your child join you during your next zumba class. They can see how hard you are working!
6. **Be realistic.** Make sure to talk to your child about the challenges your child may face while trying to achieve their goals. Kids must understand that it takes dedication and hard work to succeed.
7. **Show them you've noticed.** Applaud their efforts and compliment them on how hard they have been working. This will fuel their drive and make them want to do their best.