

Use this no-prep lesson to teach your students about perseverance strategies they can use instead of giving up!

This lesson is designed for students in grades K-2, and is just print-and-go.

It's great for small groups and classroom lessons focused on perseverance, growth mindset or executive functioning.



WHAT'S INCLUDED:

This lesson includes:

- Scripted lesson plan with accompanying worksheet
- Visual aid
- Coloring page that can be cut into bookmarks or bracelets

PERSEVERANCE LESSON PLAN

Opening Discussion:

- Today, we're going to be learning about something called perseverance. Does anyone know what the word "perseverance" means?
- "Perseverance" is being able to stick with something – to keep working at it – even when it's hard. Can anyone give me an example of perseverance?
- We can have perseverance in school, when we keep trying after we get a wrong answer. We can have perseverance when we keep trying after we get a wrong answer. We can have perseverance when we keep trying after we get a wrong answer. We can have perseverance when we keep trying after we get a wrong answer.

Activity: "I Can Do It!"

- One thing that can be hard things you've done hard things!
- Give one work something that describe it (if the page).
- Example something
- Once students share about what the following is
- "When you even had
- "Did you
- "How did

Discussion - Perseverance

- Thinking about the giving up. We're also persevere through it
- Throughout this do this by thinking at tell yourself – out loud say it together.
- Lead the group
- Another thing that is For example, if you you can think about way.
- Why do you think the

Activity: Applying

- If time perm When they a bookmarks,
- If you do not home as a n

PERSEVERANCE LESSON PLAN CONT'D

Discussion - Perseverance Strategies (Cont'd):

- Sometimes, when something gets hard, we might feel frustrated. Has that ever happened to any of you?
- When we start to feel upset, it can be hard to focus on what we're doing. That's why it can be a good idea to take a deep breath, and then try again. When you take your breath, slowly breathe slow down your breath
- Let's practice!
- Lead the group
- When we have to you'll NEVER be a
- Has anyone ever f
- When you feel this and try to just foc your room. This c into smaller jobs?
- Examples lik up at a time,

Activity: Applying

- Now, we're going to us in real life situa
- Read through would be ma same answer
- Assign a num can hold up it
- Scenario everyo
- Scenario unders
- Scenario read a
- Scenario do inst

Activity: Applying

- If time perm When they a bookmarks,
- If you do not home as a n

ASCA Mindsets & Behaviors:

- M.3. Positive attitude toward work and learning
- M.4. Self-confidence in ability to succeed
- B-SMS 5. Perseverance to achieve long and short-term goals

This lesson covers the CASEL competency of self-management.

Objectives:

- Students will understand why perseverance is important.
- Students will learn strategies they can use when they feel like giving up.

Materials Needed:

- Writing & coloring materials for each student

What's Included:

- P. 4-5: Scripted lesson plan
- P. 6: "I Can Do Hard Things!" Worksheet
- P. 7: Perseverance Strategies Bookmarks/Bracelets
- P. 8: Perseverance Strategies Visual Aid (Color)
- P. 9: Perseverance Strategies Visual Aid (BW)

How To Use This Lesson Plan:

- The scripted lesson is broken down into different sections.
- The bullet points closest to the left side can be read directly by the instructor. The bullet points that are further indented are directions for the instructors and do not need to be read aloud.
- Procedure:
 - Open the lesson with the "Opening discussion."
 - Students will complete the worksheet from page 3, and then discuss the prompts on page 4 with a partner.
 - The class/group will discuss the perseverance strategies from page 6.
 - Students will color the bookmarks/bracelets from page 7.

Book Recommendations For This Lesson:

- [The Power Of Yet](#) by Maryann Cocca-Leffler
- [I Can Do Hard Things](#) by Gabi Garcia
- [How To Catch A Star](#) by Oliver Jeffers

WHAT STUDENTS WILL LEARN:

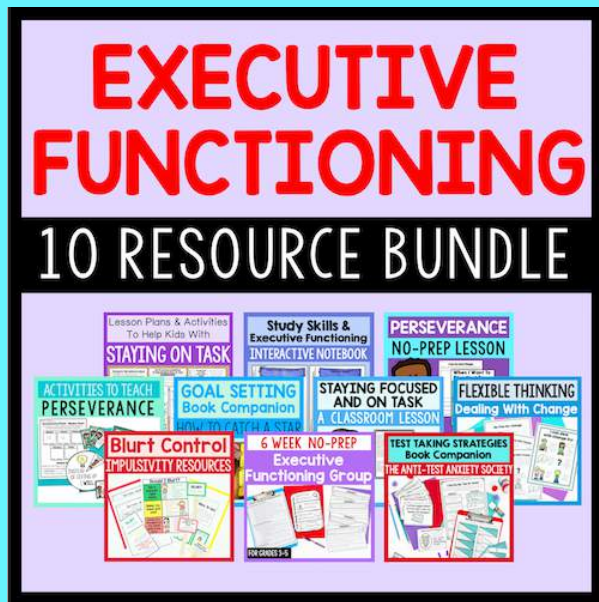
In this lesson, students will reflect on past achievements to understand why perseverance is important.

Students will also learn about different perseverance strategies they can use when they feel like giving up!

The collage includes several educational materials:

- A worksheet titled "I Can Do Hard Things!" with a drawing of a flexing arm and the text "I can do hard things!".
- A worksheet titled "I Can Do Hard Things!" with a "Name: _____" field and directions: "Directions: Think about something you've done that was hard for you. Draw a picture of it in the box, and then describe it with a sentence." Below the directions are several empty boxes for drawing and writing.
- A poster titled "When I Want To Give Up, I Can..." with three main sections:
 - A flexing arm with the text "Remind myself that I can do hard things!".
 - A thumbs up with the text "Take a deep breath and try again!".
 - A red puzzle piece with the text "Break the task into smaller pieces".A thought bubble above the puzzle piece says "Think about how I'll feel when I'm done."

WANT MORE EXECUTIVE FUNCTIONING RESOURCES? BUNDLE & SAVE!



This lesson is a part of a bundle that includes 10 resources focused on executive functioning skills.

The lessons and activities will help your students learn about staying focused and organized, not blurting out, flexible thinking, work completion and more. Students will also develop study strategies and test taking skills.

SEE THE BUNDLE HERE