

Family Viewing Guide

Character and Life Skills: **Perseverance**

Grade Level: **3-5**

The Facts

Carol Dweck, a Stanford psychology professor, states the following facts about perseverance in children:

1. When children are praised for the process they engage in — their hard work, their strategies, their focus, their persistence — they remain motivated learners.
2. When children are in a **fixed mindset**, they believe that their intelligence and talents are just fixed traits. They have a certain amount and that's it. However, when they're in a **growth mindset**, they believe that their intelligence or talents can be developed-through hard work, perseverance, and help from others.
3. When children are in a **growth mindset**, difficulty is a natural part of learning, so they are more likely to take it in stride and find new strategies that work better.

Start a Conversation with Your Kids

1. What does perseverance mean to you?
2. When have you had to persevere? How did you feel throughout the process? What about at the end?
3. Why is it important to persevere through tough situations?
4. How can you practice perseverance at home?

Advice from the Experts

[Parents.com](https://www.parents.com) gives the following advice on teaching perseverance to children:

1. **Have the confidence that it can be done.** To ensure that your child has the confidence to take on tasks and see them successfully to their completion, demonstrate your faith in their ability to do so.
2. **Give honest feedback and support along the way.** At times when the task appears overwhelming, you can show support in several ways. Affirmation helps in providing reassurance that what the child is doing is in the right direction. Your presence, even if silent, lends support.
3. **Keep the objective in mind.** Remind them of the goal every now and then. If your child is trying to learn the bicycle, talk through visualizing each step in his mind.
4. **Work around obstacles.** If a task seems incredibly unmanageable to start, break it into small achievable goals. Adopting this approach ensures that at each step, there is a sense of achievement that infuses more confidence and the ability to move on to the next level.
5. **Instill the resilience to overcome minor setbacks.** The importance of completing a task once undertaken should be stressed. A resilient child will get up and do his best to regain his lost position rather than giving up after a fall.