



# TIPS FOR HELPING KIDS WITH PERSEVERANCE

## Strategies To Help Kids Persevere

Perseverance is a skill. It is something that we can get better at over time. Instead of just telling kids to persevere, or not to give up, it's important to teach them how to do this. Here are some strategies that can help kids with perseverance:

- Try to do it a different way
- Take deep breaths if you get upset
- Take a short break and then try again
- Ask for help
- Use positive self-talk, remind yourself that you can do hard things!

## What To Say

- "What else could you try?"
- "Are there any resources that could help you with this?"
- "Let's take some deep breaths together."
- "Let's take a break and come back to this."
- "Think of all the hard things you've already done!"
- "I believe in you."
- "Think of how good you will feel when you're finished!"
- "It's okay to make mistakes. They help us grow and learn."
- "I'm proud of how far you've come!"

## How To Help

- Praise perseverance, even if the end result isn't perfect.
- Provide opportunities to struggle. Giving your child the opportunity to work through problems on their own can help them be more confident in their ability to succeed.
- Encourage your child to reflect on the challenges they have already overcome.
- Help your child come up with phrases or reminders they could tell themselves when they want to give up.
- Be real about your own struggles. Share appropriate examples of times when you have felt like giving up, but pushed through.

## Fun Activities To Do Together

- Research a famous person and learn about the challenges or setbacks they faced. Talk about how they overcame these obstacles.
- Work on a hard project together. Some ideas include doing a puzzle with a lot of pieces, building something, or even learning a new language!
- Talk about encouraging messages that you can send yourself when something is challenging. Write these messages down on sticky notes or notecards, and place them where your child will see them, such as the mirror, their school folder, their locker, etc.