

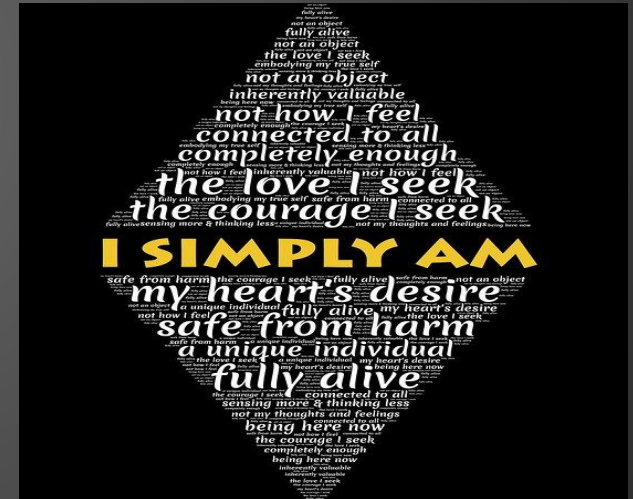


May's Character Trait: Perseverance

 **I will PERSEVERE to** 

<input type="checkbox"/> get good grades in _____.	<input type="checkbox"/> exercise more.
<input type="checkbox"/> make a soccer goal.	<input type="checkbox"/> earn an award for _____.
<input type="checkbox"/> learn a new skill in _____.	<input type="checkbox"/> keep my bedroom neat.
<input type="checkbox"/> help more with _____.	<input type="checkbox"/> get along with my peers.
<input type="checkbox"/> keep my desk organized.	<input type="checkbox"/> learn something new.
<input type="checkbox"/> participate more in class.	<input type="checkbox"/> improve my behavior.
<input type="checkbox"/> volunteer for a charity.	<input type="checkbox"/> help to keep the environment clean.
<input type="checkbox"/> get along with my brother or sister.	<input type="checkbox"/> eat healthier.
<input type="checkbox"/> have a positive attitude.	<input type="checkbox"/> write neater.



WHAT IS PERSERVERENCE?

.....BEGINS WITH BEING SELF AWARE
AND NEVER GIVING UP UNTIL YOU
SUCCEED



What do all these people have in common?

Michael Jordan
Walt Disney
Jay Z
JK Rowling
Oprah Winfrey

LOWER GRADES



Pause (k)

How Do You Feel About Yourself?



MAY 2018

UPPER GRADES: What are my strengths?



<https://www.youtube.com/watch?v=kZIXW>

Work out the way you

Things don't always work out
the way you'd like

Always work

Turn Lemons Into Lemonade



When life gives you lemons
Make Lemonade



Encourage Positive Thinking

- ▶ Focus on the good things even if there are only a few.
- ▶ Begin and end each day with a positive thought or an affirmation. (Look in the mirror and say "Today is going to be a good day")
- ▶ Focus on the present moment. (Negative thoughts come from a memory or predicting future events, focus on this moment right now).
- ▶ Be grateful. (Think of one thing you are thankful for).
- ▶ Focus on progress, not perfection.
- ▶ Forgive yourself (Give yourself some grace).
- ▶ Find humor in a difficult situation.
- ▶ Remember change is inevitable in life, this too will pass.

WHY FIT IN WHEN YOU WERE BORN TO STAND OUT?

Dr. Seuss



 My Lemons

Make it into
 Lemonade

I lost in basketball to my brother's team	Reflect on what I can do better for the next game and practice
I got a 60 on my math test last week and I have a quiz this Friday	My friend got a 90, so I asked them to if we can study together

April's Character Awards: Caring

Lunetta	Jay De Paula Castillo	Sanchez	Muhammad Ali
Delgado	Camila Rivas	McMaster	Briand librado
Kuppek	James Santiago	Kiernan/ Orth	Arianna Serrano
Rivas	Michelle Mendoza	Pagnozzi	Liam Baez
Voulgaris Buchanan	Johnny Olea	Broglia	Amelia Bello
Moffatt	Allan Peralta Discua	Chery	Jorgely Paulino
Nieves	Jayleen Solis	Adames Ryan	Nael Lebron
Greene Dhillon	Joshua Marte	Nardi	Ewry Zapata
Rendon	Kiuni Cabrera	DeJesus	Evany Baez
Bueno	Priscilla Villalobos	DaCorta Gufert	Madelynn Amargo
Mendez Horgan	Imany Green	Peralta	Angel Alcantara
Quishpe	Aliyah Palmer		

I AM ENOUGH

