



# PERSEVERANCE

## Pre-K Family Connection

PurposeFULL  
People

### Overview

This month is all about Perseverance. One way to think about Perseverance is "pushing yourself through challenges and obstacles." We all experience challenges in our lives. We all have moments when we feel like we can't do it or that we want to give up on a big task. It is important to develop tools that help us work through those challenges in order to grow in those moments instead of giving up. How might you practice Perseverance as a family this month?

Perseverance is 1 of 3 traits we will focus on throughout the year that helps students Be Strong. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

### In The Classroom

Following directions can be challenging for young students! An important way we will practice Perseverance in Pre-K this month is by learning to follow directions. Whole Body Listening is foundational for following directions. When we listen with our whole selves and follow directions, we are able to Persevere through big projects and tough challenges.

#### Steps for Whole Body Listening:

1. Eyes are watching (point to your eyes)
2. Ears are listening (cup your ears)
3. Brain is focused (point to your brain)
4. Heart is caring (put your hand on your heart)

#### Strategies for Following Directions:

1. Pay attention to directions with Whole Body Listening
2. Ask questions if you are confused
3. Do what you are asked to do the first time

### Conversation Starters

- Can you share or show what it means to have Perseverance?
- What are the 3 steps you use to follow directions?



Eyes are watching



Ears are listening



Brain is focused



Heart is caring



# PERSEVERANCE

## PurposeFull Pursuits

PurposeFull  
People

Have some fun connecting as a family this month while practicing Perseverance. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

### Pursuit #1

Consistency is hard. Have each person in the family commit to 1 thing they will do each day this week. Maybe it is flossing, drinking a certain amount of water, getting to bed at a certain time, limiting screen time, or exercising. Create a place where each person can tally their progress and see who can keep their streak going the longest!

### Pursuit #2

Review Perseverance as a family! Remember that Perseverance is pushing yourself to work through challenges and obstacles. **Here's a fun challenge:** Can you fit your whole body through an index card? While it sounds impossible, with the correct folding and cutting technique, you can make it happen! Give each family member a 4x6 index card and a pair of scissors. Ready for the answer? You can find the directions and solution online by searching: "Fit Your Body Through an Index Card."



### Pursuit #3

We have all demonstrated Perseverance in our lives. Many of us have seen people practice Perseverance in ways that have inspired us. Stories are powerful tools for connecting as a family. Protect time this week to share stories about Perseverance with each other (you can use the story prompts to get started). At the end of the conversation, think of 1 way you can practice Perseverance this week.

#### Story Prompts:

- A time I (or someone else) showed Perseverance was \_\_\_\_.
- An act of Perseverance that changed/challenged me was \_\_\_\_.





# PERSEVERANCE

## Kindergarten Family Connection

PurposeFULL  
People

### Overview

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Perseverance is 1 of 3 traits we will focus on throughout the year that helps students Be Strong. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

### In The Classroom

Following directions can be challenging for young students! An important way we will practice Courage in Kindergarten this month is by learning to follow directions. Whole Body Listening is foundational for following directions. When we listen with our whole selves and follow directions, we are able to Persevere through big projects and tough challenges.

#### Steps for Whole Body Listening:

1. Eyes are watching (point to your eyes)
2. Ears are listening (cup your ears)
3. Brain is focused (point to your brain)
4. Heart is caring (put your hand on your heart)

#### Strategies for Following Directions:

1. Pay attention to directions with Whole Body Listening
2. Ask questions if you are confused
3. Do what you are asked to do the first time

### Conversation Starters

- Can you share or show what it means to have Perseverance?
- What are the 3 steps you use to follow directions?



Eyes are watching



Ears are listening



Brain is focused



Heart is caring





# PERSEVERANCE

## PurposeFull Pursuits

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People

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- An act of Perseverance that changed/challenged me was \_\_\_\_.





# PERSEVERANCE

## 1st Grade Family Connection

PurposeFULL  
People

### Overview

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Perseverance is 1 of 3 traits we will focus on throughout the year that helps students Be Strong. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

### In The Classroom

In 1st grade, we are learning focusing strategies that help us Persevere. Focusing on a task, instructions, or even a conversation helps us be more successful.

#### Strategies to focus our minds:

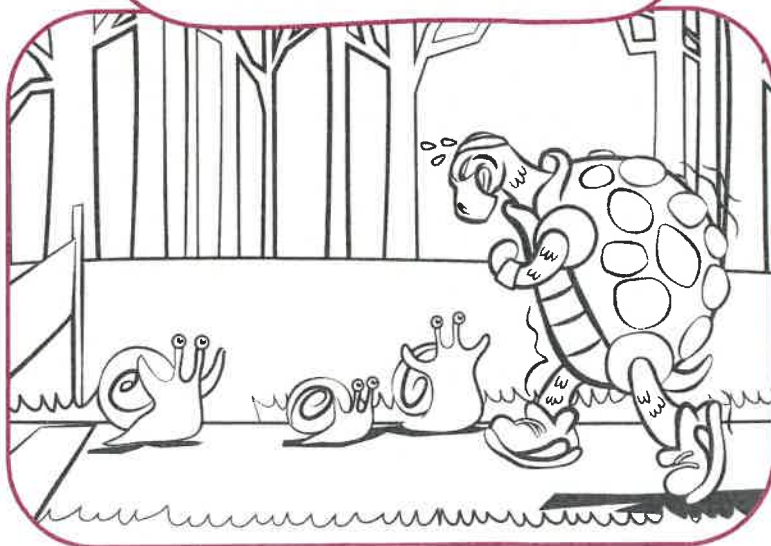
- Breathe it out (take a nice deep breath and pay attention)
- Move it out (get a drink or get some wiggles out, then refocus)
- Ignore or move away from distractions

Try reminding your student about these strategies at home when focusing is a challenge!

### Conversation Starters

- Can you describe the difference between getting stuck and having Perseverance?
- How does engagement help you to Persevere?

### Color in Perseverance







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## PurposeFull Pursuits

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### Pursuit #2

Review Perseverance as a family! Remember that Perseverance is pushing yourself to work through challenges and obstacles. **Here's a fun challenge:** Can you fit your whole body through an index card? While it sounds impossible, with the correct folding and cutting technique, you can make it happen! Give each family member a 4x6 index card and a pair of scissors. Ready for the answer? You can find the directions and solution online by searching: "Fit Your Body Through an Index Card."



### Pursuit #3

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#### Story Prompts:

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- An act of Perseverance that changed/challenged me was \_\_\_\_.





# PERSEVERANCE

## 2nd Grade Family Connection

PurposeFULL  
People

### Overview

This month is all about Perseverance. One way to think about Perseverance is “pushing yourself through challenges and obstacles.” We all experience challenges in our lives. We all have moments when we feel like we can’t do it or that we want to give up on a big task. It is important to develop tools that help us work through those challenges in order to grow in those moments instead of giving up. How might you practice Perseverance as a family this month?

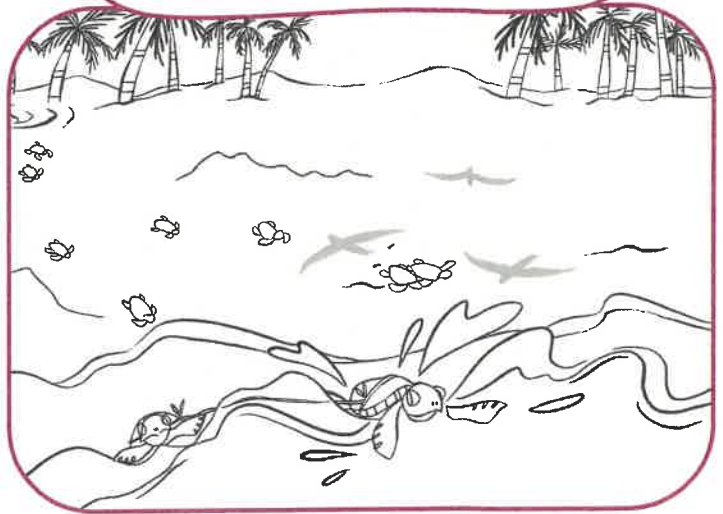
Perseverance is 1 of 3 traits we will focus on throughout the year that helps students Be Strong. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

### In The Classroom

While practicing Perseverance this month, 2nd grade students will be focusing on the idea of engagement. This means being an active participant in school, leading and contributing when collaborating in groups, getting involved in school and community groups, and building positive relationships. When we are actively engaged in our school and community, we demonstrate Perseverance.

Share how you have practiced being engaged in your student’s school, your community, or perhaps your work.

### Color in Perseverance



### Conversation Starters

- Can you describe the difference between getting stuck and having Perseverance?
- What does it mean to be engaged at school?







# PERSEVERANCE

## PurposeFull Pursuits

PurposeFull  
People

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### Pursuit #2

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### Pursuit #3

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#### Story Prompts:

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# PERSEVERANCE

## 3rd Grade Family Connection

PurposeFULL  
People

### Overview

This month is all about Perseverance. One way to think about Perseverance is "pushing yourself through challenges and obstacles." We all experience challenges in our lives. We all have moments when we feel like we can't do it or that we want to give up on a big task. It is important to develop tools that help us work through those challenges in order to grow in those moments instead of giving up. How might you practice Perseverance as a family this month?

Perseverance is 1 of 3 traits we will focus on throughout the year that helps students Be Strong. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

### In The Classroom

While practicing Perseverance this month, 3rd grade students will be focusing on flexible thinking. Students will work on their ability to adapt to new situations and challenges by finding multiple solutions to different problems.

One of the ways we will be practicing these flexible thinking skills is by setting TOP Goals.

#### TOP stands for...

- **Target:** Visualize your goal and think about why this is important for you.
- **Obstacles:** Plan for challenges. If \_\_\_\_ gets in the way, then what can you do?
- **Plan:** Create 3 action steps you will need to take to complete your goal.

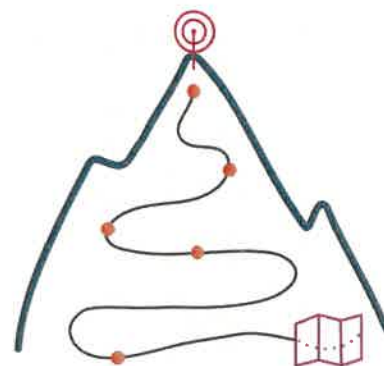
This technique helps students Persevere by clarifying different types of goals and taking thoughtful actions to achieve them.

### Conversation Starters

- Can you describe flexible thinking?
- Share with me how you use flexible thinking to help you Persevere.



**T**arget  
**O**bstacles  
**P**lan  
**GOALS**





# PERSEVERANCE

## PurposeFull Pursuits

PurposeFull  
People

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### Pursuit #2

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### Pursuit #3

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#### Story Prompts:

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# PERSEVERANCE

## 4th Grade Family Connection

PurposeFULL  
People

### Overview

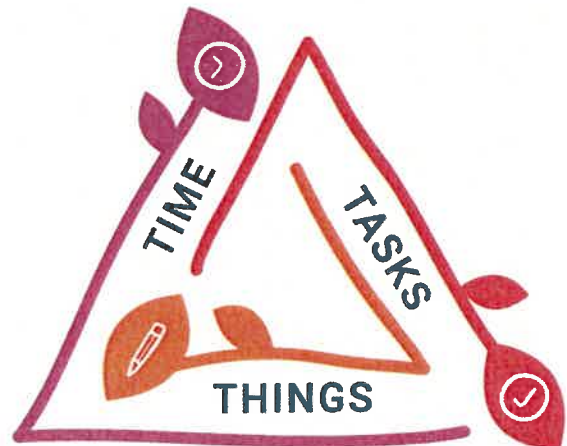
This month is all about Perseverance. One way to think about Perseverance is "pushing yourself through challenges and obstacles." We all experience challenges in our lives. We all have moments when we feel like we can't do it or that we want to give up on a big task. It is important to develop tools that help us work through those challenges in order to grow in those moments instead of giving up. How might you practice Perseverance as a family this month?

Perseverance is 1 of 3 traits we will focus on throughout the year that helps students Be Strong. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

### In The Classroom

While practicing Perseverance this month, 4th grade students will be focusing on organization using the **3T's**: organizing their **Time**, **Tasks** and **Things**. Students will apply organization skills to help them Persevere.

Practice using the 3T's at home to support your student in staying organized.



### Conversation Starters

- Can you describe how to use organizing to accomplish our larger goals?
- When working towards these larger goals, how does Perseverance help us to reach them?

### Reflect:

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# PERSEVERANCE

## PurposeFull Pursuits

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# PERSEVERANCE

## 5th Grade Family Connection

PurposeFULL  
People

### Overview

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Perseverance is 1 of 3 traits we will focus on throughout the year that helps students Be Strong. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

### In The Classroom

While practicing Perseverance this month, 5th grade students will be focusing on goal-setting. Students will practice setting an important target to work towards, anticipating obstacles, and making a plan. They will do this by using TOP Goals.

#### TOP stands for...

- **Target:** Visualize your goal and think about why this is important for you.
- **Obstacles:** Plan for challenges. If \_\_\_\_ gets in the way, then what can you do?
- **Plan:** Create 3 action steps you will need to take to complete your goal.

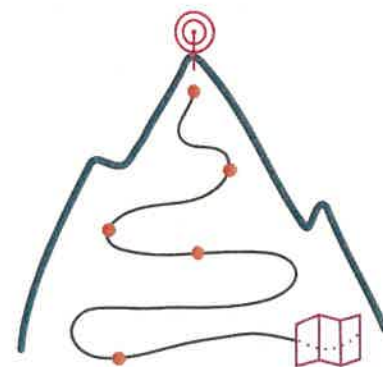
This technique helps students Persevere through challenges and equips them to achieve their goals.

### Conversation Starters

- How can planning for challenges help you in accomplishing your goals?
- When working towards goals, how does Perseverance help us to reach them?



**T**arget  
**O**bstacles  
**P**lan  
**GOALS**





# PERSEVERANCE

## PurposeFull Pursuits

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