



# PERSEVERANCE



This month's ACES lessons will focus on Perseverance. The definition we recite weekly is "pushing yourself to work through challenges and obstacles". The curriculum has a **Family Focus** section which I'd like to share with you.

## **Activities to Do**

- As a family pick something you maybe all need to do better at (flossing, drinking more water, decrease screentime, etc.), create a place everyone can track their own progress and see who can persevere the longest.
- Fun Challenge! Can you fit your whole body through an index card? It's possible.... search "Fit Your Body Through an Index Card" online for directions and the solution.
- Have a time to share stories of people you have seen persevere whether it was in a movie, a family member or yourself.

## **Conversation Starters**

- Can you describe the difference between getting stuck and having perseverance?
- What is something you feel like you have persevered at doing? How did you feel when you persevered?
- Share a story about an act of perseverance that changed or challenged you in your life and see if your children can relate.

## **Book Options**

- A Bad Case of Stripes by David Shannon (preK-2)
- Giraffes Can't Dance by Giles Andreae (preK-2)
- The Boy Who Harnessed the Wind by William Kamkwamba (3-5<sup>th</sup>)
  - This was on Disney at one point in time.
- The Hula Hoopin' Queen by Thelma Lynne Godin (3-5<sup>th</sup>)