



PERSEVERANCE

5th 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, 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.

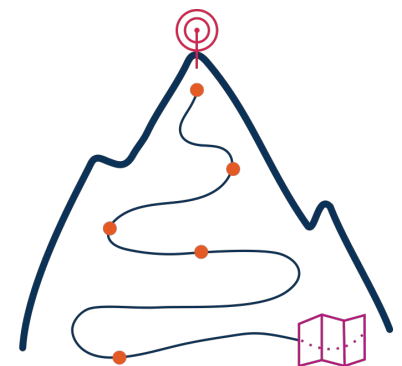
This technique helps students Persevere through challenges and equips them to achieve their goals.

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?

Target
Obstacles
Plan
GOALS





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 _____.

