



# PERSEVERANCE

## Kindergarten 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 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:

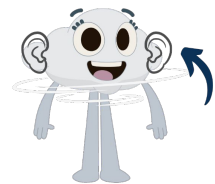
1. Eyes are watching (point to your eyes)
2. Ears are listening (cup your ears)
3. Brain is focused (point to your brain)
4. Heart is caring (put your hand on your heart)

#### Strategies for Following Directions:

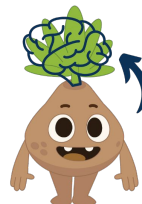
1. Pay attention to directions with Whole Body Listening
2. Ask questions if you are confused
3. Do what you are asked to do the first time



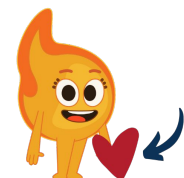
Eyes are watching



Ears are listening



Brain is focused



Heart is caring

### Conversation Starters



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



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## PurposeFull Pursuits

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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 \_\_\_\_\_.

