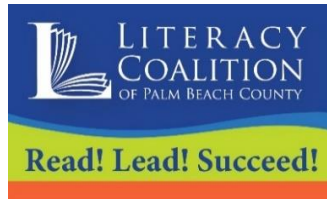


READ and THINK before you ACT.



Leading through Reading

Stick with It! (K-2)

READ



Accomplishing your goals takes hard work. Sometimes, hard work can be frustrating.



Sometimes, hard work feels frightening. You might want to give up!



It is important to stick with it. Believe in yourself. Do not quit! Keep going. Give it a try!



Read: [The Most Magnificent Thing](#) by Ashley Spires

The girl tells herself that she is not good at building. She wants to quit. Her assistant insists that they take a break. How does that help?

THINK

In this [video](#), the llama has a goal to get a berry, but things keep going wrong. Just when he is feeling defeated, he succeeds! Think about how important it is to say positive things like “don’t give up” to yourself.

ACT

Choose encouraging thoughts. Practice positive thinking. The more you practice, the more it becomes a habit.



If you say this to yourself...	Try saying this instead...
I can never do things right.	I will work hard to do my best.
This is impossible.	I will keep working to make this possible.
I cannot do this.	I cannot do this yet.
I am not good at this.	I am going to get better at this.
I cannot make this better.	I can make this better in some ways.
This is good enough.	If I keep working, I can do better.
I have no skills to do this.	I got this!
I do not know how to do this.	I can learn how to do this!
I cannot change this.	I work to make things better.

The next time something feels challenging and you are frustrated, work hard. Keep going by practicing positive thinking.

This at-home educational activity is from the Literacy Coalition of Palm Beach County’s literacy-based social emotional learning program. Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children’s Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to nbirardi@literacyabc.org