### **READ and THINK before you ACT.**



# Leading through Reading

# Stick with It! (6-8)

## READ

Being able to stick with something and persevere until you reach your goal is essential for success in school and in life. To persevere is to continue in a course of action even in times of difficulty. Science indicates that joy and enthusiasm are essential for learning, growth, and success to happen. If students feel comfortable and engaged, information flows freely though the amygdala in the brain and higher levels of thinking happen. On the other hand, when students feel discouraged, they are likely to lack the needed joy to grow.





For parents and teachers, inspiring joy and providing comfort is often part of setting up a home, classroom, and experiences, but young people have power too. Youth can work to ensure they will continue to learn and grow. Students can protect themselves by building their emotional skills. By continuously setting goals, practicing positive thinking, and working hard to achieve their goals, students can increase their chances for success. We are all students in life. We all have the capability to increase our own odds at achieving success. Read: *Esperanza Rising* by Pam Muñoz Ryan It will inspire you! Start with this <u>summary</u>.

THINK

#### Reference: 21st Century Learning

Do you think people want to be quitters? Do you want to prepare yourself as best as you can to be able to be resilient and to persevere so that you can be successful? How do you think you can protect your joy, so you can be successful?

### ACT



## **Strengthen Your Perseverance Skills!**

Practice being a problem solver. Challenge Yourself. Set an ambitious goal that sets a measurable accomplishment within a clear time frame. Break your goal into smaller steps. Make up your mind to take one step at a time. Celebrate each step you take. Watch this <u>video</u> for motivation.



While you are working to accomplish the goal, practice positive thinking.

Believe in yourself. You are smart. You are talented! Envision yourself accomplishing the goal.

## Here are some suggestions for the types of measurable and time specific goals you can set and work toward:



Starting today, I will walk or run for at least five minutes. Each day, I will gradually increase how long I am moving until by the end of the month I am running or walking for 15 minutes each day.



I will be kinder and more helpful to my family by doing one nice thing a day for the first week and gradually building up to one nice thing per family member per day by the end of the month.



I will organize my chest of drawers, one drawer at a time.
I will do one drawer today and another drawer each day until
I organize the entire dresser.

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@literacypbc.org