

Rachel Delicath, School Counselor
Kaylee Miller, School Counseling Practicum Student
Perseverance Classroom Lesson, Kindergarten to 2nd grade

Standards:

K-2.1.2 – Describe qualities that make them effective learners at school.

K-2.1.4 – Describe a situation where hard work helped them achieve a goal.

Opening:

Sesame Street Video – Don't Give Up!

Today we are talking about “Perseverance”. Based on the video we just watched, what do you think “Perseverance” means? Not giving up when things get hard! There are going to be many challenges in life, which you have to keep working and practicing on until you are able to complete or accomplish a task.

Call on a student to come and pull something out of the bag and tell how you would need perseverance with the item (flash card, yo-yo, roller skate, hula hoop, handwriting book, ball, etc.)

Lesson:

Perseverance is shown in many different areas of our lives – in school, at home, and in our character. Are you known as someone who gives up quickly and gets frustrated and doesn't finish a task? Or do you put in a lot of time and effort and try different ways until you are able to accomplish a task?

At the beginning of the school year Mrs. Turner did an activity with the teachers that taught us perseverance. She divided us into groups and gave each group some marshmallows, tape, and dried spaghetti. We then had to build the tallest tower that we could in 5 minutes. Most of the groups built a tower, but then it fell down before the 5 minutes were finished. And a lot of the groups gave up! Mrs. Turner then compared the teachers' towers to towers of kindergarteners. Guess who built taller towers? Kindergarteners! Because they used perseverance – when their tower fell down, they tried it a different way until it stayed up! I know I learned a lot that day about how important it is to keep trying different ways and not giving up after something doesn't work the first time.

Book:

Today we are going to read a book that shows perseverance. What is perseverance again? When someone does not give up when things get challenging.

Read The Man Who Walked Between the Towers.

Activity:

How did the man in the book show perseverance? He practiced over and over again in the park with different crowds. He tripped a few times when people touched his rope, but he didn't give up. He kept practicing and eventually achieved his goal of walking between the two towers.

At school we have goals that we work towards. Let's say this rope on the floor is our journey of perseverance. Our goal at the end is to reach our A.R. point goal for the end of the year. During the school year what are some things that might keep you from getting A.R. points?

We are going to act this out by having a student walk along the rope, and we are going to stop them and give them lemons whenever they encounter a challenge. What do lemons taste like? Sour! Challenges are like that – they are sour and we don't like them... but there can be something good at the end if we keep working through the challenges.

So as the student walks, have them stop for different challenges, and add lemons to their arms to hold. When it becomes too much, ask them what might help them...having someone help them, using a bucket, etc.

At the end of the line, have them put the lemons in a pitcher, and talk about how you can make lemonade from lemons.

Sometimes challenges are sour like lemons, but if you get through them and learn from them, they can turn the experience sweet like lemonade!

Coloring Page:

Pass out the postage stamp picture for the students to color. Explain that they can draw a goal that they will need perseverance to reach at school or at home this year.

Conclusion/Questions:

So what did you learn today about perseverance? How can we use perseverance at school? What about at home?

Rachel Delicath, School Counselor
Kaylee Miller, School Counseling Practicum Student
Perseverance Classroom Lesson, 3rd grade to 5th grade

Standards:

3-5.1.2 – Describe qualities that make them effective learners at school.

3-5.1.4 – Describe a situation where hard work helped them achieve a goal.

Opening:

This month we are focusing on the word “Perseverance”. Let’s brainstorm some ideas of what Perseverance could mean (to keep going even when challenges appear).

Let’s think long-term into the future. How will you need perseverance to achieve your career goals?

- Work hard to get good grades during elementary, middle, high school, and college
- Show up to class and work on-time
- Complete group projects with others
- Manage your time to get work done
- Interact well with other students and co-workers
- Don’t give up on a project when it gets hard

The same good work habits that you develop and work on while in elementary school (such as being on-time, completing your work, and being responsible) are the same good work habits you have to show in a job!

Activity #1:

We are going to do a quick activity to show how important it is to get to class and get to work on-time. You are all my employees, and your job is to create a drawing that matches what I draw first.

**Pass out three papers and have students get out a yellow, red, and blue marker/pencil*

**Have students copy a picture that you draw.*

**After finishing their drawings, ask students:* After looking at your work, do you think you would get to keep your job? Was your drawing similar to what I wanted you to do? Did you follow directions by using the correct colors?

**Next we are going to say that you are late to work.*

**Have students put their heads down as I draw half of the picture. Then, they can pick their heads up and try to catch up. They have until I finish drawing to finish their paper.*

**After finishing their drawings, ask students:* After looking at your work, do you think you would get to keep your job? Was your drawing similar to what I wanted you to do?

**Finally, we are going to say that you don’t show up for work at all.*

**Have students put their heads down as I draw a picture and then cover it up. Then, they can pick their heads up and try to catch up. They have one minute to finish their work.*

**After finishing their drawings, ask students:* After looking at your work, do you think you would get to keep your job? Was your drawing similar to what I wanted you to do?

Questions: What did you learn from that activity? Why is it important to continually persevere to get to class and get to work on time? (You miss information if you are not there).

Activity #2 (Optional):

Another part of perseverance is working well with others. This is called using good communication. What can be challenging when communicating with other people?

You will whisper a message to the first student, who will whisper it to the second, and so on down the line. The last person will state the message out loud. You may only whisper the message once and you may not ask to hear it again. If you don't think you heard right, guess what you think the person said and whisper it to the next person.

- **Setting one:** A car factory. Everyone is operating a robot to put together a shiny new sports car. The person at the end has a problem. What is it?
Message: I'm missing two wheels.
- **Setting two:** A hospital. A nurse is telling the doctor what a patient needs. What is it?
Message: He needs help sitting up in bed.
- **Setting three:** A restaurant. A server has just placed an order. You are all cooks, but the last cook is the one who has to make the meal. What is it?
Message: I'd like three hamburgers with ketchup, five oranges, and a strawberry milkshake.
- **Setting four:** A computer software company. A computer programmer has a problem and can't do her job. She needs to pass the message on to her manager. What is it?
Message: I can't find my mouse!
- **Optional:** Ask students for additional workplace settings. Create a message to match the setting and pass it down the line.

Questions:

Were we good communicators? Were we good listeners? What makes you say that? Was the message the same when it reached the last person? How could you use perseverance to make sure you are communicating well with others?

Activity #3 (Optional):

At school you need perseverance. Part of perseverance is working on short-term goals and long-term goals. Throughout the year you have to set goals to motivate yourself to keep doing your best.

You also have to look ahead to the future, and make goals for where you want to go. I have an activity we are going to do that looks at the perseverance needed for some long-term goals. Now each of you will make decisions that best fit your talents and strengths. These are some options you will have.

*High School Diploma types. *Have three people hold up signs with the diploma types. Have them arrange themselves in the order of least perseverance needed, to most perseverance.*

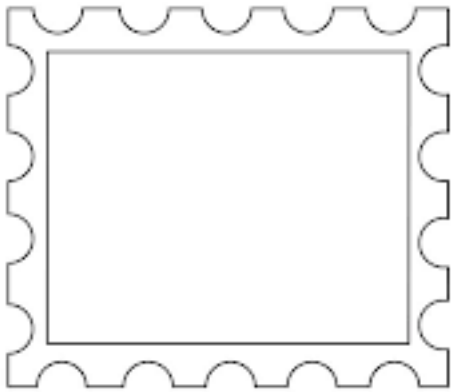
*College Degrees. *Have four people hold up signs with the degree types, and arrange themselves in order.*

Have a class discussion of whether they think the order is correct. Why would different diplomas and degrees require more perseverance?

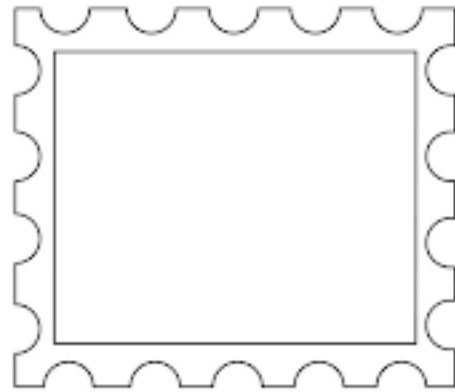
Conclusion:

So what is something you learned about perseverance today? What is a way you can apply it to your life now? How will you have to use perseverance in the future?

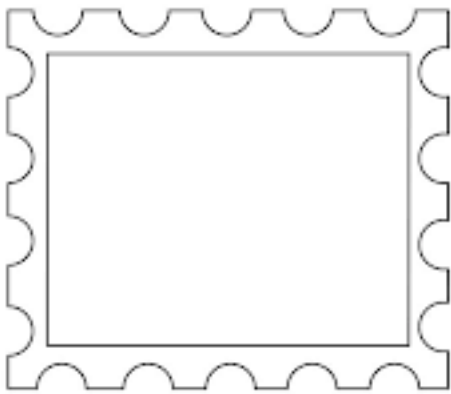
**“Be a postage stamp,
stick to something
until you get there!”**



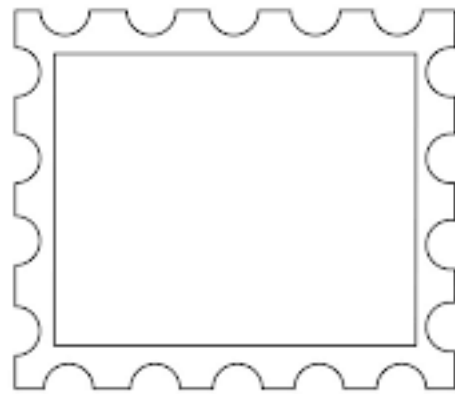
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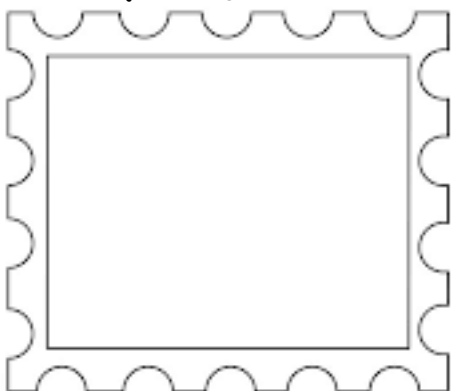
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