

INSTEAD OF GIVING UP, I WILL:

- ☐ Take a deep breath.
- ☒ Try a different way of solving the problem.
- ☒ Ask a classmate.
- ☐ Try again.
- ☐ Ask a teacher for help.
- ☐ Ask my teacher if I can take a short break.
- ☒ Look back at my notes.
- ☒ Tell myself I can do it!
- ☒ Try my best!

You can't figure out what to do next on your project, so you want to just put it away and watch TV.



Perseverance ACTIVITIES

Name: Loty

I Can Persevere!

As you try each strategy, check off the box and answer the questions.

☐ Take a deep breath Did this help me calm down? Yes No	☐ Try a different way of solving the problem What did I try?	☒ Ask a classmate Who did I ask? <u>Sasha</u>
☐ Try again Did I get it this time? Yes No	☒ Ask a teacher for help Who did I ask? <u>Ms. S.</u>	☐ Ask my teacher if I can take a short break Did the break help? Yes No
☒ Look back at my notes Did I find what I needed? Yes No	☒ Tell myself I can do it! What positive message did I tell myself? <u>I can do this. I can do it.</u>	☒ Try my best! This is important because: <u>I can get more done.</u>

The strategy that worked best for me was:
Telling myself I could do it!

Name: Loty

Perseverance Check In

- One thing that was difficult for me today in class was writing my conclusion.
- Did I use perseverance strategies to help me? Yes No
- If yes, which strategies did I use? Were they helpful to me?
Ask a teacher for help - Yes
Look back at my notes - No
- One thing I worked really hard on today is getting my chapter work done.
- One thing I could have worked harder on today is my writing.
- Did I put in my best effort today? Yes No
- Did I complete all of my work today? Yes No
- Something I can do better tomorrow is create a better SCOT.



Perseverance Lesson Plans For Elementary

Chao Zhang



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