

# GRIT

## Parent Resource

### What is grit?

Grit means working consistently towards long-term goals.

As your child gets older, he or she will probably face situations where grit is needed to keep working toward reaching goals, despite setbacks.

#### In grades three through five, children begin:

- ✓ Spending more time engaged in teamwork and building friendships.
- ✓ Deciding on favorite activities and ways to spend free time.

#### Below are some ways you can help your child learn, practice and build grit:

##### START THE CONVERSATION

Talk about a time when you had to use grit to reach a goal and describe your sense of accomplishment. Share with them some of the obstacles you had to overcome to reach your goal. By sharing your perspective, your child will gain an understanding of the importance of grit and what it feels like when you reach your goals.

##### ASK YOUR CHILD

Ask your child to describe a time when he or she was trying to learn something new and had to set a personal goal. What was the most challenging part? How did he or she overcome this challenge?

##### IDENTIFY CHARACTERISTICS

Encourage your child to identify characteristics of grit. Some examples include staying focused, having a plan, and trying again even when it is difficult.

#### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Describe positive ways to deal with failure and learn from challenges.



Create a personal goal and track progress toward achievement.

HELPING  
YOUR CHILD  
BUILD GRIT  
NOW WILL  
HELP THEM  
UNDERSTAND  
THAT THEY CAN  
ACCOMPLISH  
ANYTHING WHEN  
YOU WORK  
HARD.

