

GRIT

Parent Resource

What is grit?

Grit means working consistently towards long-term goals and persevering even when things are hard.

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 six through eight, children begin:

- ✓ Becoming more independent.
- ✓ Gaining more responsibility as members of clubs or sports teams.

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. 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 an individual who has overcome challenges to reach a goal. This could be someone he or she knows, a historical figure or a modern-day famous person. What do you admire about this person? How did this individual overcome setbacks and demonstrate grit?

IDENTIFY CHARACTERISTICS



Encourage your child to identify a time when he or she "stuck with" an activity or project rather than quitting. What strategies did he or she use to overcome challenges? What was the outcome?

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identify strategies to manage challenges and setbacks.



Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal.

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

