

CharacterPlus®

"character goes the distance"

THE CHARACTER SERIES



per·se·ver·ance

noun. Persistence in doing something despite difficulty or delay in achieving success.

"Everyone falls down. Getting back up is how you learn how to walk."

Walt Disney

Perseverance is sticking with things. It means being hardworking and finishing what is started, despite barriers and obstacles that arise...Perseverance involves organizing oneself to support activities (e.g., scheduling breaks and sticking to them, rewarding in small ways along the way), but when all else fails, this strength helps the person to barrel through until the project is done...Perseverance involves the voluntary continuation of a goal-directed action despite the presence of challenges, difficulties, and discouragement. – [VIA Institute on Character](#)



ACTIVITIES

We would love to see how you do these with your family!

Tag us on Facebook or Twitter @characterplus



Caminandes Video Short + Lesson (Early Childhood – Elementary)

In this 2:30 video, you'll see this little llama fight lots of obstacles to get what he wants and reach his goal! [Counselor Keri's website](#) gives you questions to discuss with your children and reminders about ways to push through a tough activity, as well as follow up activities to go along with the theme of perseverance. This would be a great, quick family activity.

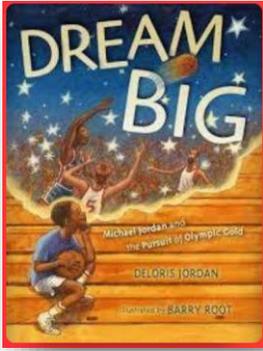
One Teenager's Story of Perseverance (Middle – Adult)

Sometimes seeing someone else's story about perseverance can inspire us to think of what we're capable of accomplishing. [This story about a teenager who had been bullied](#) as his previous school choosing a new path at his new high school is an uplifting look at what perseverance can look like in real life. Watch this video with your children, and then brainstorm what this could look like in their lives. Maybe it's not physically holding doors open for people (we've seen local schools where students choose to do this, though, and it's amazing!), but maybe Josh's story will encourage you to keep going or to find a way to serve those around you!

3 Minute Encouragement to Persevere! (Middle – Adult)

We all need a little pick-me-up now and again...this pandemic has brought most of us trials of some sort. [Watch this short video](#) put together by motivational filmmaker Ben Lionel Scott for a boost to help you power through whatever you're struggling with right now.

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Children's Literature Ideas (Early Childhood – Middle School)

There are dozens of children's books about the trait of perseverance, for early childhood through middle school. Taking examples from beloved storybook characters, real or fictional, can be a great way to connect character traits to real life for young children. [BookRoo has a wonderful list of books on perseverance](#) for children ages 3-12. Here are a few of their suggestions:

- The Little Engine that Could by Watty Piper
- Dream Big: Michael Jordan and the Pursuit of Olympic Gold by Deloris Jordan
- The Hugging Tree: A Story about Resilience by Jill Neimark

Young Writers' NaNoWriMo – Write a Novel in a Month! (Middle - High School)

NaNoWriMo – or National Novel Writing Month – takes place for adults every November. However, this one-month, paced guide for writing is accessible for young writers all year long! Writing an entire novel is a serious exercise in perseverance, but having a guide to pace you can be a huge help. If your child or student has expressed interest in writing a book, check out the [NaNoWriMo page here!](#)



RESOURCES

A fantastic article about perseverance and [how the movie Good Will Hunting](#) finally got made.

Common Sense Media has two resources on perseverance:

1. An overview of SEL and how [we ALL teach perseverance](#), no matter the subject
2. A page [specifically for parents about teaching perseverance](#), particularly through media

[Reaching In Reaching Out](#) is an organization dedicated to creating resiliency in people of all ages. Check out their resources [specific to parents](#), which contain lessons, conversations starters, and activities.

[CharacterEdTools](#) lists activities and questions for thinking through perseverance in different settings.

[Beverly Woods Elementary School in North Carolina has a list of perseverance activities](#) for kids K-5, including making butter as an example of having to persevere!



[Collier County Public Schools](#) has a list of quotes, books, and activities on perseverance.