

# SEL LESSON #4

WEEK OF MAY 25-29TH

## GRIT

**GRIT IS BEST EXPLAINED AS THE PERSERVERENCE TO KEEP PUSHING FORWARD NO MATTER HOW HARD THINGS GET. IT IS LIKE THE SAYING, " WHEN THE GOING GETS TOUGH, THE TOUGH GET GOING." HAVING HIGH LEVELS OF GRIT IS A MORE SIGNIFICANT PREDICTOR OF SUCCESS THAN TALENT!**

**GRIT ALSO IS A CRUCIAL COMPONENT IN BUILDING RESILIENCE, WHICH IS WHAT PROTECTS US WHEN LIFE KNOCKS US DOWN.**

### **PARENTS/ GUARDIANS**

**FACILITATE A CONVERSATION WITH YOUR CHILD ABOUT A TIME WHEN THE GOING GOT TOUGH BUT YOU KEPT GOING. WHAT KEPT YOU MOTIVATED? WHY DIDN'T YOU JUST THROW IN THE TOWEL? .**

### **STUDENTS**

**TALK ABOUT AND THEN WRITE ABOUT A TIME WHEN YOU REALLY STRUGGLED AT SOMETHING BUT KEPT GOING EVEN THOUGH YOU WANTED TO QUIT. WHAT WAS IT THAT KEPT YOU GOING? WHY DIDN'T YOU QUIT?**

### **WATCH THIS VIDEO**

**GRIT:THE POWER OF PASSION AND PERSEVERANCE**

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=H14BBULUWB8](https://www.youtube.com/watch?v=H14BBULUWB8)

