

# Character Plus

## Teacher Newsletter

### January Perseverance

Students will be expected to be diligent with strength and determination to pursue academic goals.

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#### **A Note to the Teachers**

Dear KCKPS Teachers and Staff,

Welcome back to school! We hope you had a wonderful and restful break! Hopefully you found time for self-care and to recharge for an amazing 3rd and 4th quarter! You all are difference makers! Keep up the good work!!

We will teach students to demonstrate

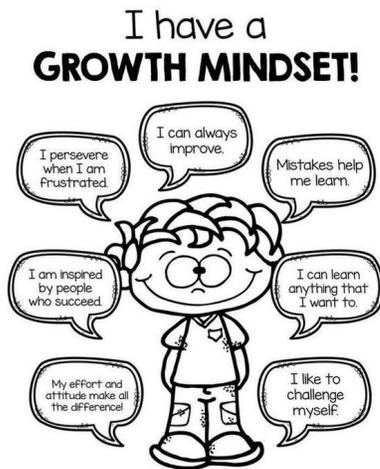
- Building academic strengths
- Understanding the process and benefits of setting goals
- Working with teachers and counselors to create career and college goals and develop action plans to achieve those goals
- Taking initiative to monitor and be responsible for your own academic progress



#### **Elementary Read Alouds & Activities**

- ★ Read *Someday* by Eileen Spinelli. Discuss student goals, dreams, and careers and the perseverance it takes to reach our goals.
- ★ Read *Soda Pop Head* by Julia Cook. Discuss with students different ways to calm down.
- ★ Read *Mike Mulligan and His Steam Shovel* by Virginia Lee Burton.
- ★ *Stuck* by Oliver Jeffers
- ★ *Flight School* by Lita Judge
- ★ *Leo the Lightning Bug* by Eric Drachman
- ★ *Wilma Jean the Worry Machine* by Julia Cook
- ★ Read *The Most Magnificent Thing* by Ashley Spires.
  
- ★ The Ned Show Website has a great list of books and lesson plans for "Never Give Up." <http://www.thenedshow.com/never-give-up.html>

## Teach Students about Growth Mindset



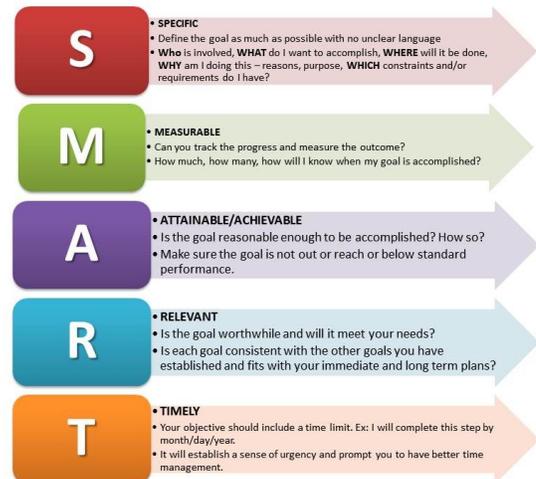
## Videos

- ★ Bruno Mars "Don't Give Up"  
<https://www.youtube.com/watch?v=I0uSn9zXLTw>
- ★ Famous Failures  
<https://www.youtube.com/watch?v=YdeyI0vXdPO>
- ★ Middle School Perseverance Activity  
<http://www.edutopia.org/research-made-relevant-grit-perseverance-walk-video#graph1>
- ★ Growth Mindset for Students  
<https://youtu.be/2zrtHt3bBmQ>
- ★ Challenges Grow Your Brain  
<https://youtu.be/g7FdMi03CzI>
- ★ Power of Yet  
<https://youtu.be/XLeUvZvuvAs>
- ★

## Secondary Resources

- ★ **Icy Perseverance**
  - ★ **Materials:** an ice cube for each student with a penny frozen inside.
  - ★ Begin your lesson by giving each student an ice cube. Explain that the first person to get the penny out of their ice **without** putting it in their mouth or hitting it with another object is the winner. You may want to continue your lesson until you have a winner. Afterwards discuss:
    - ★ How does melting the ice cube compare to reaching your goals? Did you ever feel like quitting? Why do some people quit before reaching their goals? Could you have gotten the penny quicker had you broken the rules? Would you feel as good about winning if you didn't follow the rules? How do hard work and perseverance help you achieve your goals?
- ★ **Reach for the Stars**
  - ★ **Materials:** Paper stars
  - ★ Give each student a paper star. Have students write a dream or goal that they hope to achieve on their star and then decorate it. Tell the students that it takes perseverance to fulfill their dreams.

## Create SMART goals for the 3rd and 4th quarter!



Specific, Measurable, Attainable, Relevant, Timely