

Ready, Set, Kindergarten

This Week's Theme: Perseverance

Developing perseverance

One of the biggest day-to-day issues children face is persevering through the hard work. When they find themselves frustrated, challenged, and overwhelmed, kids tend to shut down and/or experience anxiety. To help curb these feelings and behavior, it can be beneficial to help your child develop skills in perseverance. Encourage perseverance by asking your child "What are you most proud of?" when your child completes a task. This can build confidence and help your child become more in touch with their emotions.

Ask Questions

- "What was easy/hard...?" - When your child is completing an activity, ask what they find the easiest and most difficult. If your child can recognize which skills were the most difficult, you can help them navigate how to overcome those challenges.
- What can we do differently...?" - Sometimes in order to persevere, we have to change course. If it seems like your child is having some difficulty completing a task, ask them what they think can be done differently in order to complete it. Use some phrases like "I notice" to guide them in the correct direction without judgement.

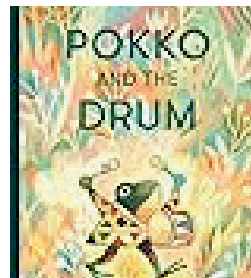
Check Out These Books



The Magical Yet
Angela DiTerlizzi



Stuck
Oliver Jeffers



Pokko and the Drum
Matthew Forsythe

Sing This Song

Tune: Frere Jacques; Call and Response Song.

*I am great! (I am great!
I am brave! (I am brave!)
I'm good at lots of things! (I'm
good at lots of things!)
These are some. (These are
some.)*

**Ask kids what they're good at*



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