

MINDFUL MENTALITY

PERSEVERANCE

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children connect with their emotions and gain a better understanding of themselves. Mindfulness can support this learning and help them develop a kind and inclusive mentality. By incorporating mindfulness and SEL into early learning, students can establish this mentality early and be better equipped to build strong connections and communities.

BEFORE READING

Talk to the student about perseverance. Discuss some real-life examples.

Discuss: What does perseverance mean to you? What are some other words or terms for perseverance? Talk about a time when you showed perseverance. What challenges did you face? What did you do?

AFTER READING

Talk to the student about practicing perseverance.

Discuss: How do you feel when you work toward a goal? How do you overcome setbacks? Talk about ways you can show perseverance at home and at school.

SEL GOAL

Talk with students about their goals. Explain that setting a goal and a date to complete it by can help them achieve it. Help them come up with ideas to check their progress. Maybe it is a calendar or journal. Some students may prefer weekly calendars, while others might like short, simple lists. Also discuss ways students can help one another with their goals and dreams. How can they be helpful, supportive friends and classmates?

GOALS AND TOOLS

GROW WITH GOALS

There are many ways we can persevere. Practice with these goals.

Goal: Think about a time you didn't give up. What challenges did you face? What did you learn from those challenges?

Goal: Read a book or story about someone who has shown perseverance. Share what you've learned with a friend.

Goal: Write down ways you can show perseverance at school and at home. What can you do each day to reach these goals?

MINDFULNESS EXERCISE

Mindfulness can help you persevere. When you're upset and want to quit, try this breathing exercise.

1. Close your eyes. Slowly breathe in and out. Focus on your breathing.
2. Place your fingertips together, making a sphere with your hands.
3. When you breathe in, move your fingertips apart, making the sphere bigger. When you breathe out, bring them back together, making the sphere smaller. Continue this exercise until you feel relaxed and focused.



**BLUE OWL
BOOKS**

published by: **jump!**