

PERSEVERANCE PUMPKIN PATCH

A Perseverance Lesson

OVERVIEW

Students will create mantras they can use to persevere when something gets tough.

OBJECTIVES

- Students will learn everyone faces challenges.
- Students will learn what perseverance is and what it means to persevere.
- Students will identify a mantra they can use when faced with a challenge.

PURPOSE

Everyone faces challenges. However, persevering when faced with a challenge is a skill that must be taught and practiced. Students need to learn that in order to accomplish things, they may need to push through challenges. This lesson gives students a tool they can use next time they encounter a challenge. By creating a mantra, they are building the mindset they will need to persevere.

NOTE

The “In Your Own Words” sections offer language to help you explain this lesson to your students. Read these to “get the gist” of the concept, and then use your own language and way of being to explain the concept to your students in your own words.

YOU WILL NEED

- Whiteboard
- ‘Pumpkin’ handout (Pg. 4)
- Markers or crayons
- Scissors and tape

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PREPARE

- Print a copy of the ‘Pumpkin’ handout for each student.
- Designate wall space for the class pumpkin patch. Optional: make a sign that says “Our Perseverance Pumpkin Patch)

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VOCABULARY

PERSEVERANCE

the ability to continue doing something in spite of difficulties



PRESENT

IN YOUR OWN WORDS

“When I was young and learning to ride a bike, it was not easy. I started with training wheels, but when we took those off, it took me several tries to get the hang of riding the bike. At first, I wanted to give up. I didn’t think I’d ever be able to ride a bike, but I kept trying and eventually became very good at riding my bike.

Sometimes, learning new things can be challenging. When this happens, we need perseverance.”

Write PERSEVERANCE on the whiteboard.

IN YOUR OWN WORDS

“Perseverance is a BIG word. It means having the ability to continue doing something in spite of difficulties. When we persevere, we keep working or improving something even when it gets hard. Can anyone tell me about a time they faced a challenge but persevered?

Those are all excellent examples of perseverance”



PRACTICE

IN YOUR OWN WORDS

“It can be hard to have perseverance. So today we are going to think of some phrases we can use to tell ourselves that we have what it takes to persevere. I’ll start.”

Write a perseverance mantra on the white board. Here are some examples to get you started:

- I am strong and capable.
- I can do this.
- I am very good of ____.
- I can persevere.

Ask students to contribute phrases and write them on the whiteboard.

When are you finished brainstorming, give each student a 'Pumpkin' handout and explain that they are going to write their own perseverance motto on their pumpkin. They can use one that you brainstormed together as a class, or write a new motto that they came up with on their own. Students will then decorate and cut out their pumpkin.



KEEP THIS LESSON ALIVE

Use the students' pumpkins to create a Perseverance Pumpkin Patch in your classroom. Any time a student is facing a challenge, you can reference the pumpkin patch and remind them that they have the ability to persevere.

Write your perseverance phrase on the pumpkin.

Color the pumpkin. Cut out the pumpkin.

