

DECEMBER IS ABOUT PERSEVERANCE

This month, the Athlete Mentors will focus on Perseverance. They will talk with students **about how to bounce back stronger after a failure, how to remain positive in the face of challenges, and how to develop a "no quit" spirit while pursuing their goals.** Students will spend time considering why being persistent is important, and learning to encourage one another to have Perseverance.



Ask your child about Perseverance:

- What is Perseverance?
- Why is it important to keep trying when something is hard?
- Are there times when you have felt like giving up, but kept trying?
- How does it feel to overcome a challenge?
- When do you think you will need Perseverance in life?

Your child might be interested in knowing about a time when you worked hard to triumph over something difficult. What did you learn from that experience? How did it feel? Who helped you?

100% of teachers surveyed said that Classroom Champions helps their students be resilient in the face of obstacles. Athlete Mentor video lessons on Perseverance can be found at
www.classroomchampions.org.