



TEACHING VALUES OF BEING HUMAN

A Curriculum that Links
Education, the Mind
and the Heart

MARK
LE MESSURIER



ROUTLEDGE

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Chapter 4:
Ideas to champion perseverance



Housekeeping



Teaching Values of Being Human

We live in an uncertain world; political unrest, social injustices, global warming and climate change, food and water insecurity, pandemics, the impending global health threat of loneliness, employment implications from the rise of machines, and much more. With this in the mix it's hard for young people to feel secure and stay optimistic.

"Now is not who a child will be in the future, but what we do now, and how we do it, sets their trajectory."

"If the end goal for each child is to grow into the best they can be, then everything we do from the home and classroom designs we create and activities, to corrective conversations and friendly banter needs to assist their growth."

INTRODUCTIONS

Let's briefly introduce ourselves

What's your name? What brings you here?

Where do you work and what do you do?

Something about your family?

Something about your likes, dislikes and quirks?

And, something about you that we may not expect!



1988



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Chapter 4: Ideas champion perseverance



Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'Press On' has solved and always will solve the problems of the human race.

Calvin Coolidge on persistence



Carol Dweck



Classic Albert Einstein on perseverance...

"It's not that I'm so smart, it's just that I stay with problems longer."



"Failure is an
opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude
determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try
new things"

"Failure is the
limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like
to be challenged"

"I can either do it,
or I can't"

"My potential is predetermined"

"When I'm frustrated,
I give up"

"Feedback and criticism
are personal"

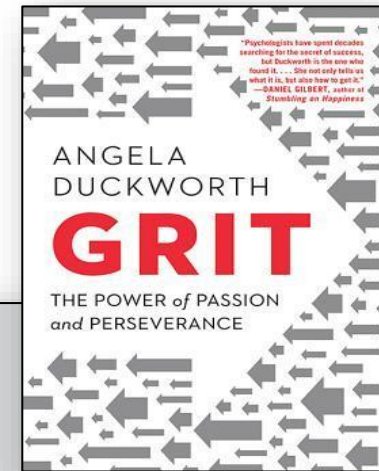
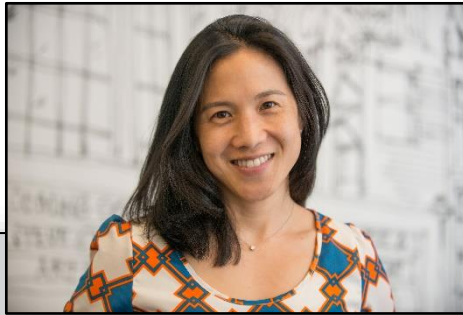
"I stick to what I know"



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Mind your language when you praise



Grit | *Noun*

COURAGE, bravery, pluck, mettle, backbone, spirit, strength of character, strength of will, moral fiber, steel, nerve, fortitude, toughness, hardness, resolve, resolution, determination, tenacity, perseverance, endurance; informal: guts, spunk.

Angela Lee Duckworth. Grit: The power of passion and perseverance

Posted May 2013 – TED Talk transcript

https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance/transcript?language=en







GUIDED CONVERSATIONS; *what is perseverance?*





GUIDED CONVERSATIONS; *a perseverance quiz*





ACTIVITY; *compare 'Grit Scales'*



Angela Duckworth's online Grit Scale - <https://angeladuckworth.com/grit-scale/>

Angela Duckworth's Grit Scale as a printable PDF - www.sjdm.org/dmidi/files/Grit-8-item.pdf

Angela Duckworth's Grit Scale 12 Item Grit Scale as a Word doc. - web.ccsu.edu/tlc/academicCoaching/files/12ItemGritScale.docx

How Much Grit Do You Have? Get Schooled - https://getschooled.com/dashboard/quiz/4143-graduate-for-mas-how-much-grit-do-you-have?tag_group=life-skills&type=quiz This quiz is loosely based on Angela Duckworth's Grit Scale. It is quick and positive.

Quiz: Power of Perseverance - <https://brilliantstarmagazine.org/articles/quiz-power-of-perseverance>



CONVERSATION;

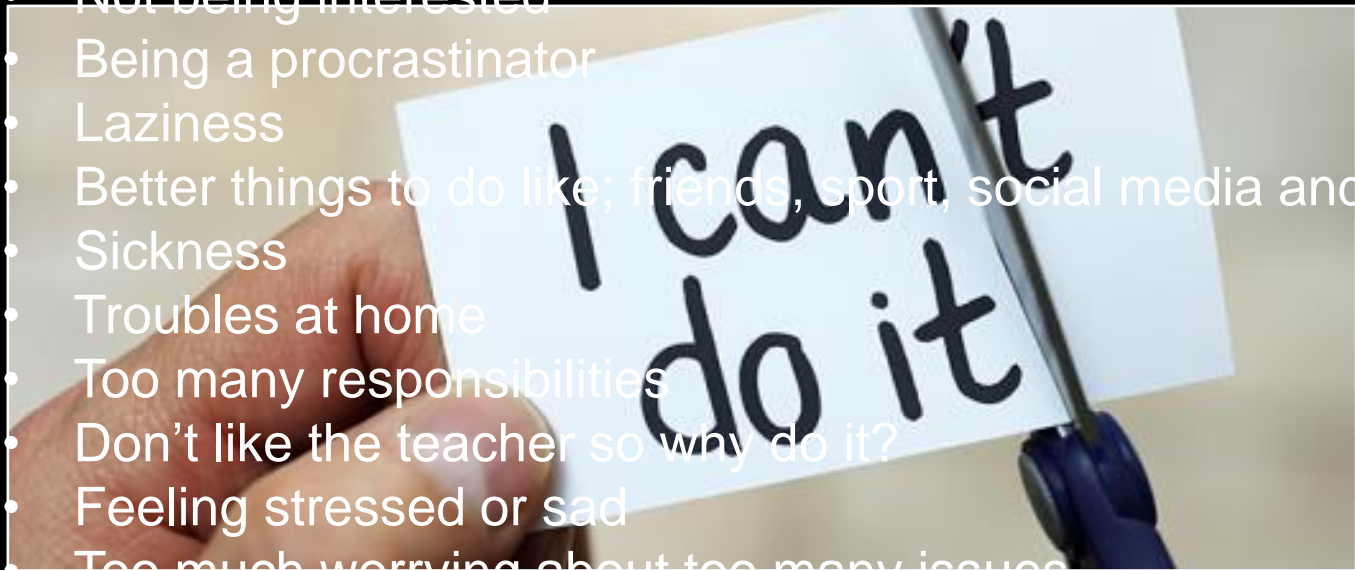
tell me a time when you showed perseverance?



- Feeling overwhelmed
- Too many other things going on
- The task is too hard
- Not sure what to do
- Giving up too fast, too easily

• **ACTIVITY** - “Oh? What *STOPS* perseverance?”

- Not being interested
- Being a procrastinator
- Laziness
- Better things to do like; friends, sport, social media and so on
- Sickness
- Troubles at home
- Too many responsibilities
- Don't like the teacher so why do it?
- Feeling stressed or sad
- Too much worrying about too many issues





CONVERSATION; *risk assessment*



“It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all - in which case, you fail by default.”

J. K. Rowling, 2008




ACTIVITY; *ideas to link the joy of having-a-go, mistakes, failures and success.*



MISTAKES



**ARE OPPORTUNITIES
TO LEARN.**



CONVERSATIONS; *learning from failure*

F.A.I.L.

First Attempt In Learning



F. A. I. L.

Fantastic Achievement In Life

Thomas Edison

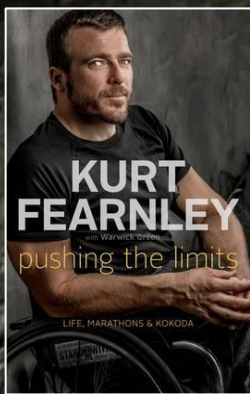


"If I find 10,000 ways something won't work, I haven't failed. I am not discouraged, because every wrong attempt discarded is another step forward. There is no success without failure."





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"I wouldn't have got there unless I'd experienced the bumps, bruises and failures."

**Excerpt from an interview in 'Anh's Brush With Fame'.
Series 2 Ep 7. Aired 8:00pm Wed 24 May 2017.**







JK ROWLING'S
first Harry Potter book
was rejected by 12
publishing houses
before it was
finally accepted.

**HARRY
POTTER**
and the Deathly Hallows

FAMOUS FAILURE SERIES

**IF YOU'VE NEVER FAILED
YOU'VE NEVER TRIED ANYTHING NEW**

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CONVERSATIONS;

popular books about perseverance for children

A Whistle for Willie by Ezra Jack Keats

Amazing Grace by Mary Hoffman

Beautiful Oops by Barney Saltzberg

Brave Irene by William Steig

Hana Hashimoto Sixth Violin by Chieri Uegaki

How to Catch a Star by Oliver Jeffers

Ish by Weston Woods

Mia Hamm: Winners Never Quit by Carol Thompson

Oh, The Places You'll Go! by Dr. Seuss

Rosie Revere, Engineer by Andrea Beaty

Sally Jean the Bicycle Queen by Carl best

Salt in His Shoes: Michael Jordan in Pursuit of a Dream by Deloris Jordan

The Dot by Peter H. Reynolds

The Girl Who Never Made Mistakes by Gary Rubinstein

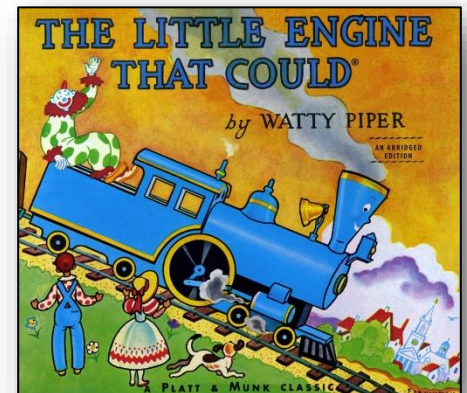
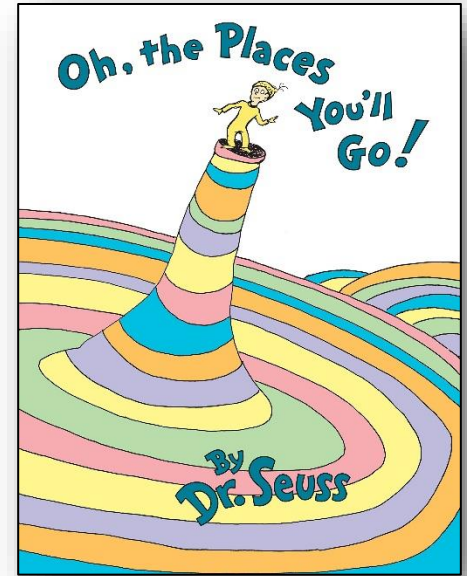
The Little Engine That Could by Watty Piper

The Magician's Elephant by Kate DiCamillo

The OK Book by Amy Krouse Rosenthal

What Do You Do With a Problem? by Kobi Yamada

Whistle for Willie by Ezra Jack Keats



CONVERSATIONS;

popular books about perseverance for adolescents

A Long Walk to Water: Based on a True Story by Linda Sue Park

A Long Way Gone: Memoirs of a Boy Soldier by Ishmael Beah

A Very Young Dancer by Jill Krementz

Fish in a Tree by Lynda Mullaly Hunt

Hatchet by Gary Paulsen

Lost Girl Found by Leah Bassoff and Laura Deluca

Night Flying Woman: An Ojibway Narrative by Ignatia Broker

Out of My Mind by Sharon M. Draper

Stargirl Paperback by Jerry Spinelli

Stone Fox by John Reynolds Gardnier

The Fault in Our Stars by John Green

The Hunger Games Trilogy by Suzanne Collins

The Maze Runner by James Dashner

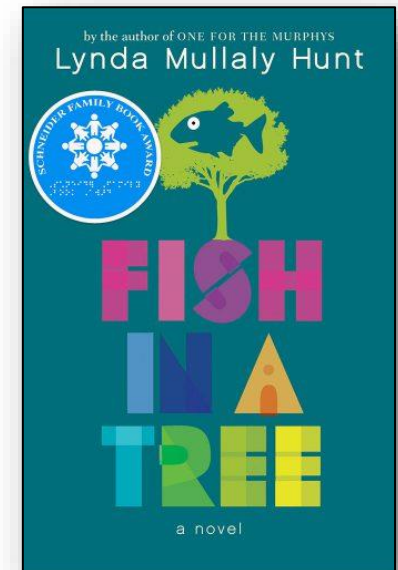
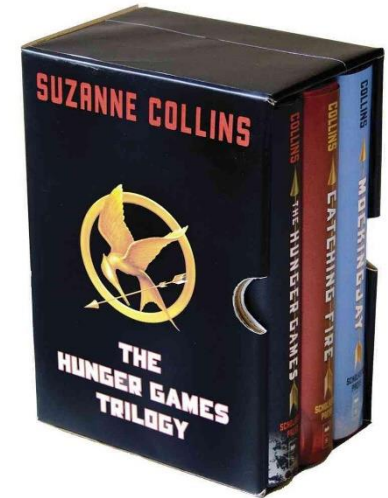
The Watsons Go to Birmingham by Christopher Paul Curtis

Timmy Failure: Mistakes Were Made by Stephan Pastis

Toby Alone and Toby and the Secrets of the Tree by T de Fombelle

Untwine by Edwidge Danticat

Winger by Jerry Spinelli





CONVERSATIONS;

movies about perseverance for kids and adolescents

For children 5 to 10 years

Finding Nemo
Monster's University
Benji
Ghost of the Mountains
The Little Mermaid
Homeward Bound: Incredible Journey
Wall-E
Ratatouille

For kids 10 years and older

Everest
Lost Boys of Sudan
Gandhi
The Martian
Billy Elliot
October Sky
Living on One Dollar
The Karate Kid
The Hunger Games
Forrest Gump









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‘The Little Engine That Could’ by Watty Piper

<https://www.youtube.com/watch?v=pAMeD7mq3A>

The Little Engine That Could



A small image in the top left corner showing a hand placing a stone on top of a stack of four other stones.

Ormie the Pig -

<https://www.youtube.com/watch?v=xd63g3d8qOs>





Derek Redmond;

‘When you don't give up, you cannot fail!’



CONVERSATION; *boost perseverance by sharing*



Share
YOUR IDEAS



ACTIVITY; *collect images of perseverance*



Ain't that
perseverance?



ACTIVITY; collect sayings about perseverance

PERSEVERANCE IS
STUBBORNNESS
WITH A PURPOSE

—Josh Shipp

NEVER
GIVE UP

We are what we
repeatedly do,
excellence, therefore,
is not an act but a habit.

Aristotle

I MAY NOT
BE THERE YET
BUT I'M CLOSER
THAN I WAS
YESTERDAY

I MAY NOT
BE THERE YET
BUT I'M CLOSER
THAN I WAS
YESTERDAY

Perseverance is not a long race; it
is many short races one after the
other.

Walter Elliot

Passion
Fortitude
Perseverance
Guts
Courage
Nerve
Tenacity
GRIT
Determination
Fearlessness
Persistence
Mettle
Spirit
Resolution
Toughness
Heart
Moxie
Com

*It does not matter how slowly you go
as long as you do not stop.*




NEVER
GIVE
UP



For success, attitude is
equally as important as
ability.

Walter Scott

MISTAKES
are proof that you are
TRYING



ACTIVITY; *brainstorm synonyms for perseverance*



Persistence + Persistence + Persistence + Persistence
Persistence + Persistence + Persistence + Persistence
Persistence + Persistence + Persistence + Persistence
Persistence + Persistence + Persistence + Persistence
Persistence + Persistence + Persistence + Persistence
= SUCCESS

Motivationlight

"I DON'T HAVE TALENT.
I HAVE TENACITY.
I HAVE DISCIPLINE.
I HAVE FOCUS."

Working hard on something you don't care about or have a say in is not perseverance or "grit", it's compliance.

Sylvia Libow Martinez

#CMK15

WHEN YOU MAKE A COMMITMENT, YOU BUILD HOPE. WHEN YOU KEEP IT, YOU BUILD TRUST.

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THANKFULLY,
PERSISTENCE IS A GREAT SUBSTITUTE FOR TALENT.

- Steve Martin

JarOfQuotes.com

**NO GRIT.
NO PEARL**

Determination will get you through this.

PERSEVERANCE IS STUBBORNNESS WITH A PURPOSE

- Josh Shipp



CONVERSATION; *positive self-talk supports perseverance*

Negative self-talk always has a SECRET MEANING and it's our job to spot it.

The first step is to name the feeling.

Next, we imagine what's underneath, or driving, our negative-talk.

Here's how to do it;

Negative self-talk comment

"I'm an idiot."

"Why bother?"

"I'm not good at this. Never have, never will."

"That's stupid anyway."

"This is boring."

"I hate them."

I feel

embarrassed

overwhelmed

fearful

annoyed

worried

hurt

A likely translation

I don't want others to think I'm stupid

This is too much to do! Where do I start?

Not sure what to do. Don't think I've learnt this

Can't believe she's giving more work to us!

What do I do? Where do I start? Can I even do it?

They're awful to me. They ignore me. It hurts!



ACTIVITY; *my 4-STEP self-talk translator*

Step 1

Write your negative thought here, or tell someone you trust; _____

Step 2

Circle the word, or words, how you are feeling;

hate, shocked, sad, beaten, scared, angry, fearful, shy, disbelief, hurt, disappointed, embarrassed, annoyed, overwhelmed, confused, humiliated, ashamed, unsure.

Add more feelings words if you like _____

Step 3

State what, or who, is troubling you?

Write it here, or tell someone you trust; _____

Step 4

Translate the negative self-talk into a short positive statement that you can give a try.

Write it here, or tell someone you trust; _____

Congratulations! Now do it!

“Language is central to our experience of being human, and the languages we speak profoundly shape the way we think, the way we see the world, the way we live our lives.” (Lera Boroditsky, 2016)

Giordano, R. 2018. Your Second Life Begins When You Realize You Only Have One.

Penguin Random House Australia





ACTIVITY; *positive self-talk supports perseverance*



“Studies repeatedly reveal that self-talk training results in increased task persistence and helps to self-regulate learning and behaviour.”

Clinical trials - Burke 2014



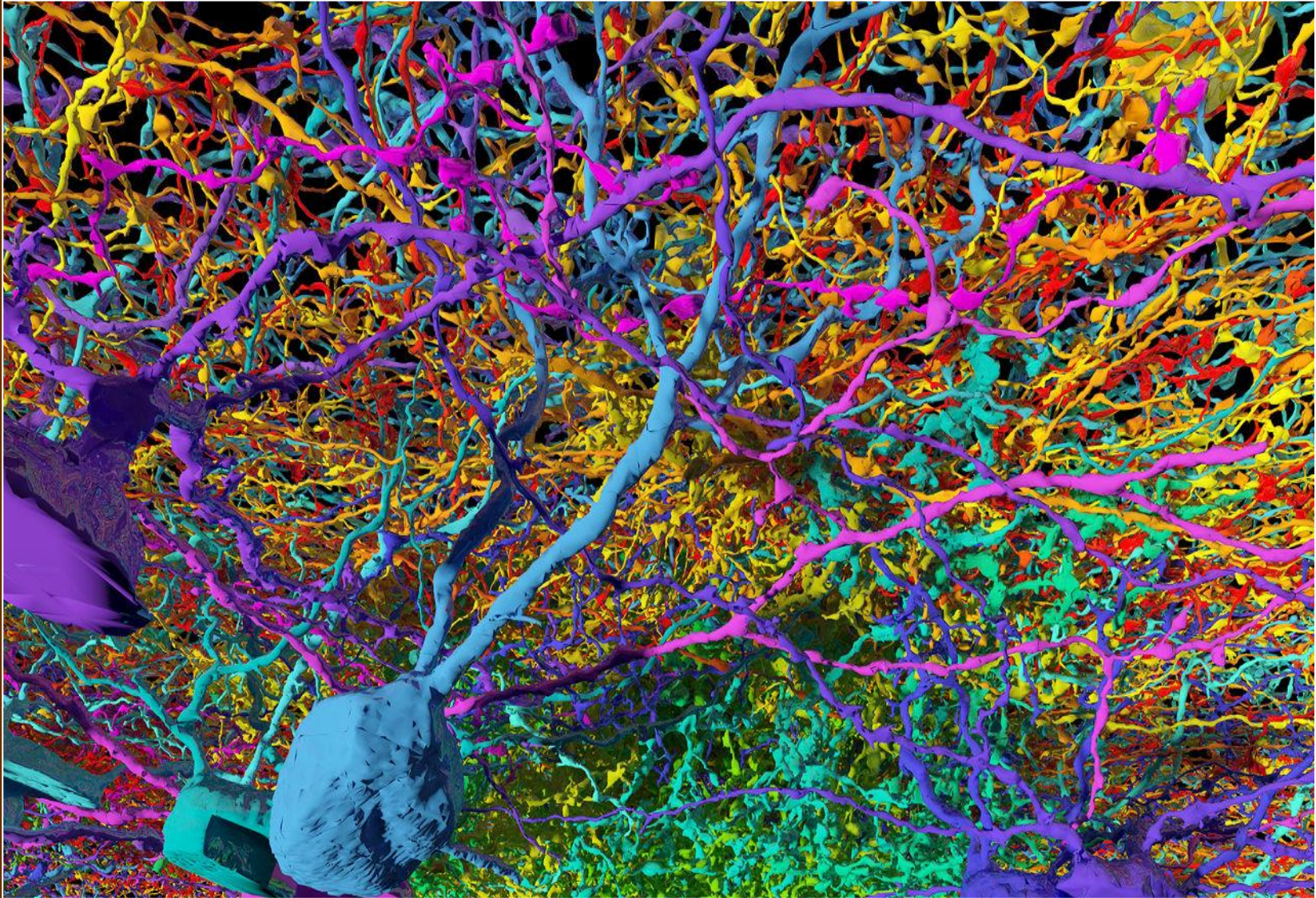
ACTIVITY; *negative thought toss*



Treating Thoughts as Material Objects Can Increase or Decrease Their Impact on Evaluation
Pablo Brinol, Margarita Gascó , Richard E. Petty, Javier Horcajo
Psychological Science January 2013 24: 41-47, November 26, 2012



A set of **ACTIVITIES** to prove perseverance can be learnt



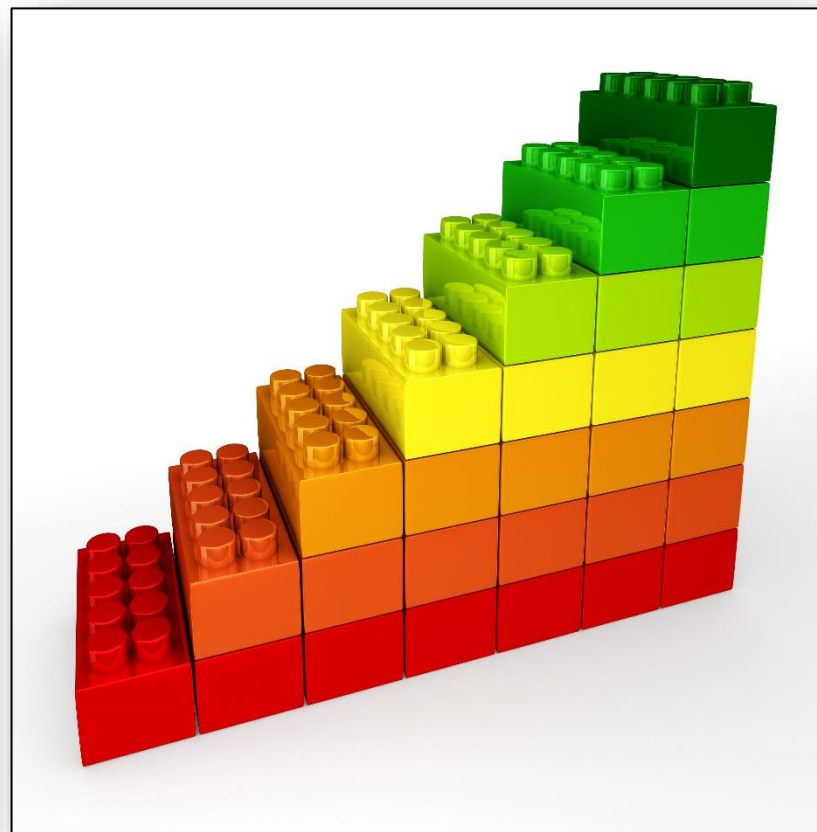
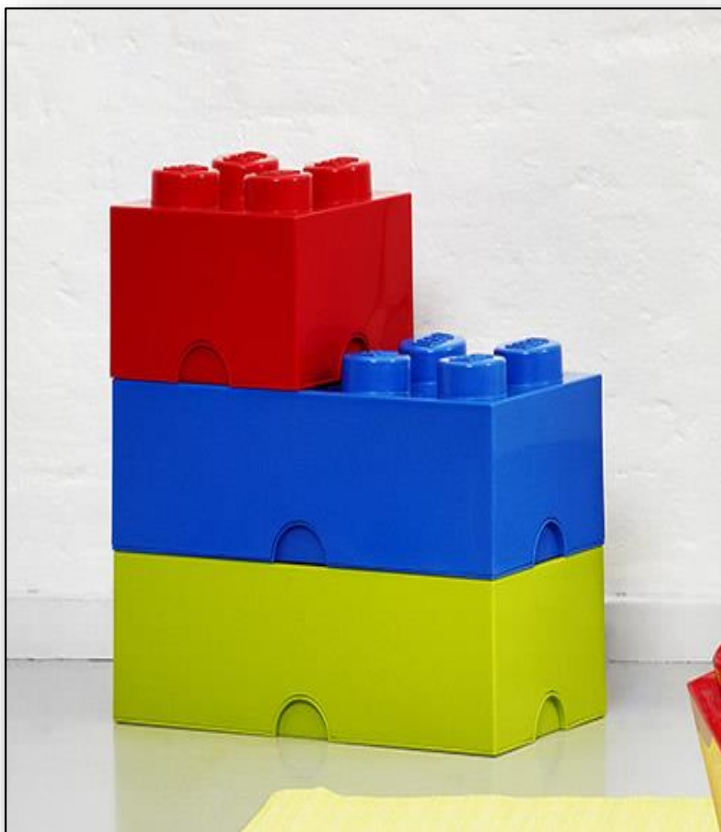


ACTIVITY; *marble pick up*





ACTIVITY; *copy the blocks*





ACTIVITY; *juggling skills*





ACTIVITY; *bat and ball skills*







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A hand is shown in the top left corner, carefully placing a small, light-colored stone on top of a stack of four darker stones.

Brainiversity

Crazy Machines 1: The Wacky Contraptions Game
Engare

FTL: Faster Than Light

Human Resource Machine

Kerbal Space Program

LittleBigPlanet 2

Minecraft

Portal 2 Puzzle Maker

Red Remover

Roblox

SimCity

Spore

Super stacker 2, 3 and 4

The Logical Journey of the Zoombinis

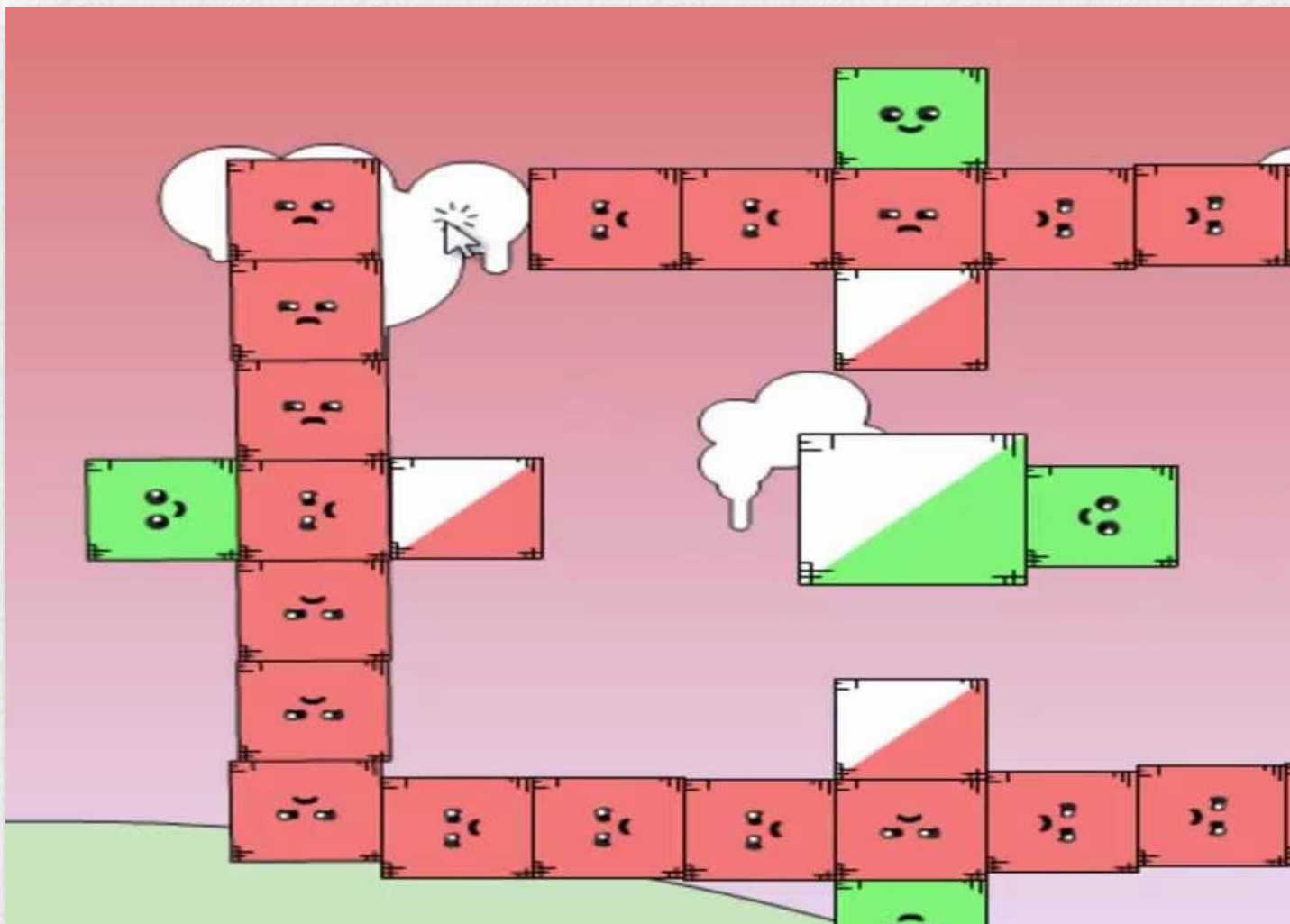
The Witness

World of Goo





Red Remover

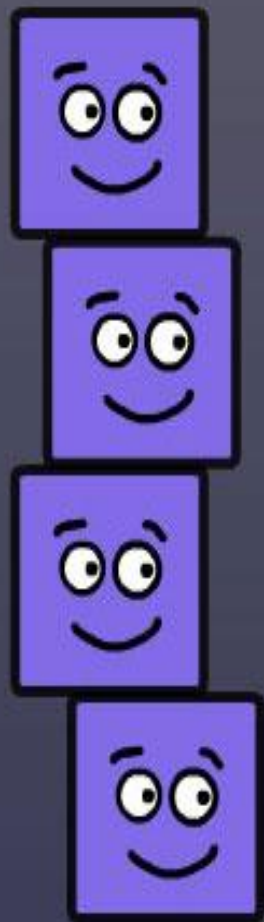




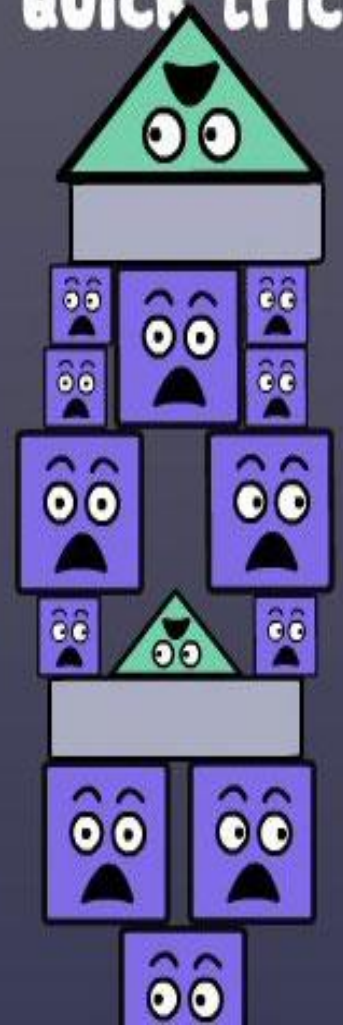
super stacker 2

By Gaz

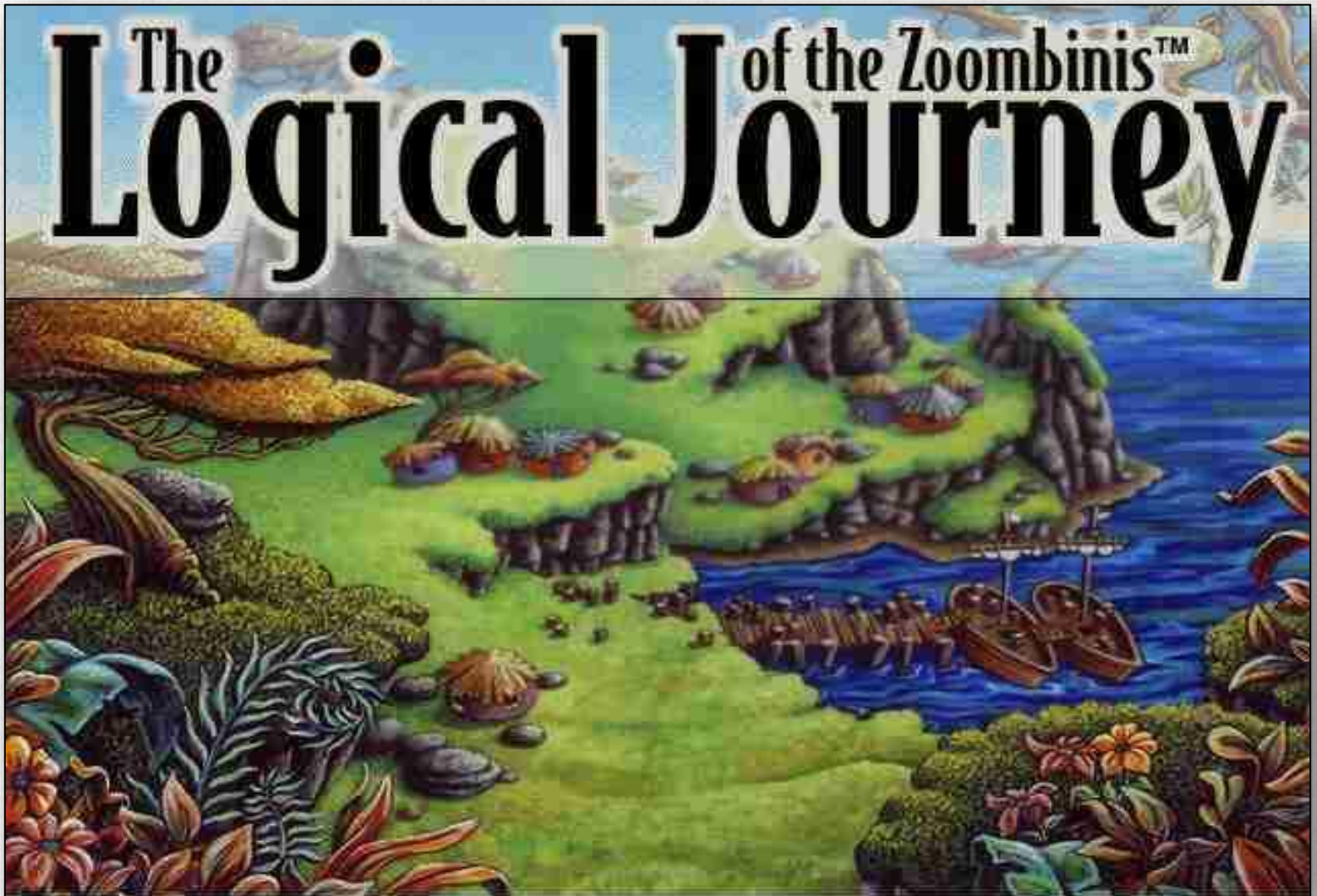
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Quick trick



ACTIVITY; *problem solving on screens*



ACTIVITY; *pursue a passion and find FLOW*



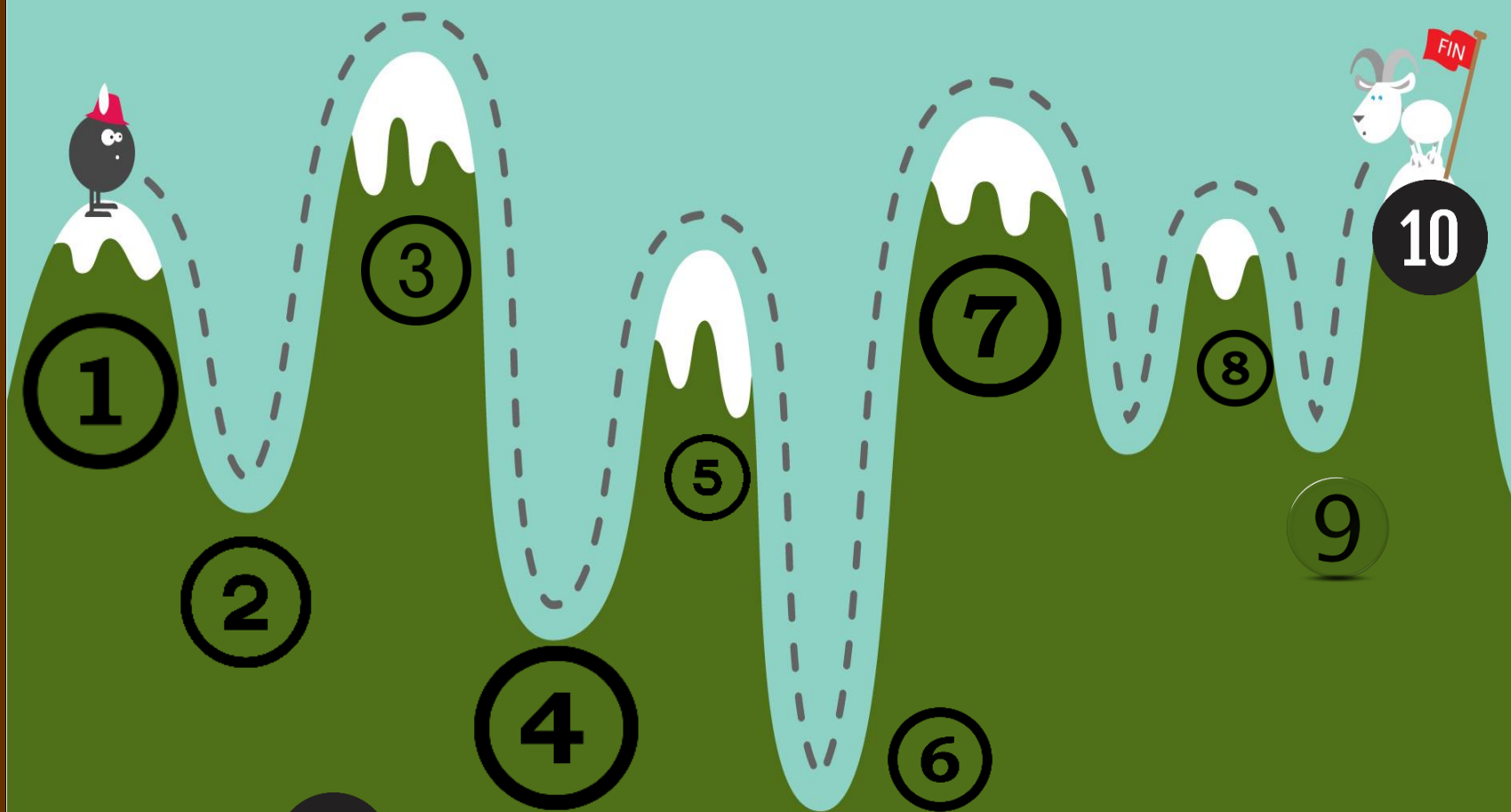


ACTIVITY; *what does perseverance look like?*





Perseverance is not a long race;
it is many short races one after the other.



Teach **10** perseverance habits, backed by research

Walter Elliot

"Thank you for persevering!"

That's all Folks!

