



Social Emotional Virtual Learning

ECSE/Program

Be Persistent

May 2020



ECSE/Program Social Emotional Learning

Learning Target:

Students will learn to be persistent and keep trying.

First, watch this [video](#)!

Sometimes, when we do something new or something hard, we can get frustrated.

But, we can be like Daniel Tiger -
keep trying and you can get better!

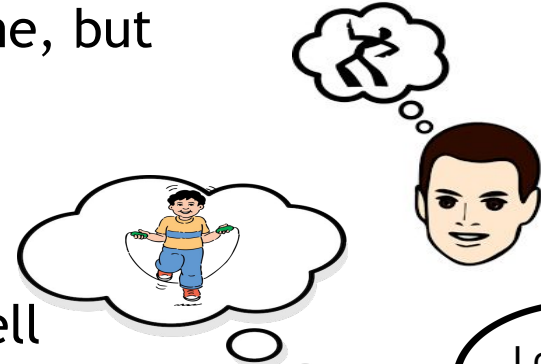


Here are a few more things that you can do:

1) You can tell yourself “I can do it” and try again.



2) Think about a time when you had a hard time, but you tried and tried, and you finally did it!



3) Think about someone who could do it and tell yourself “I can do that, too!”



Now, try this game with a grown-up!

Materials:

- Ball or balloon

Directions (for adult):

- 1) Face each other and hold the object (ball/balloon) over your heads.
- 2) Without letting the object drop to the ground,
 - a) walk from one end of the room to the other end, or
 - b) walk through a door
- 3) Increase the difficulty of this game by:
 - a) using only one hand to hold the object
 - b) placing the object behind your backs
- 4) Encourage your child to keep trying if the ball drops to the ground.
- 5) Celebrate with your child when you succeed (e.g., give high-5s)!



Self-Check:

What can you do when you feel frustrated while doing something new or something hard?

