

How do I persevere?

Purpose:

For students to understand: I overcome setbacks by...

Coping Strategies

Ask students to think of a challenging task that required perseverance. Break them into pairs. Ask your pair to describe to each other:

The task

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When was it most difficult?

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How did you feel when completing the task?

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As a class, students share their stories. Then using the prompts (listed below), discuss:

What strategies did you use when learning your difficult task?

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What happened?

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What else could you have done?

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