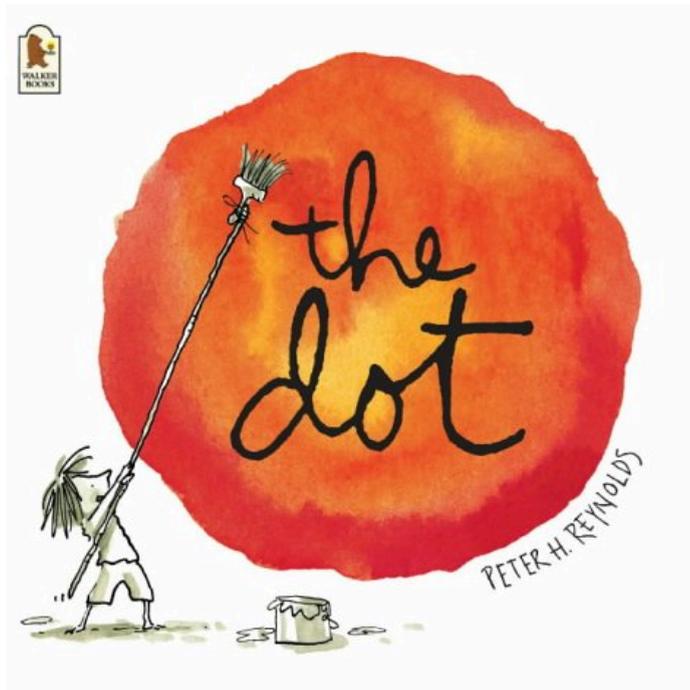


Character Education - Determination



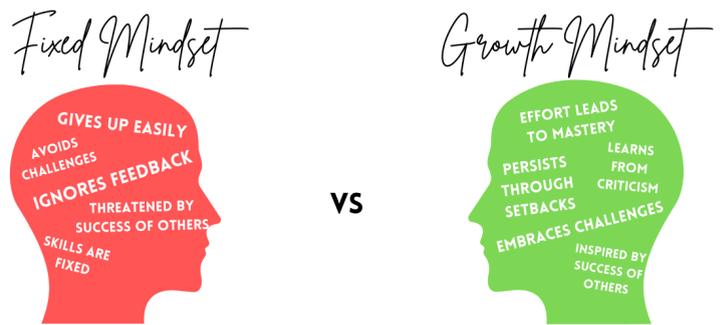
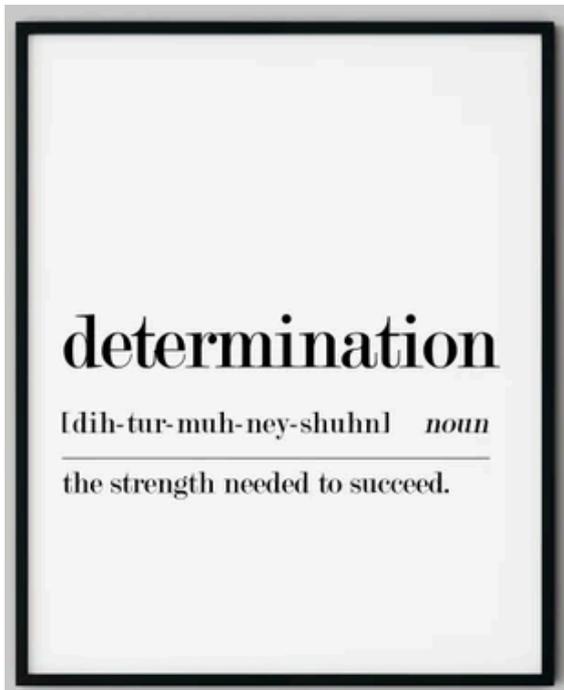
At the beginning of Spring 2, the children were introduced to our fourth character trait 'determination.' The children listened to the story, 'The Dot' by Peter H. Reynolds. The story follows the character of Vashti, who dislikes art class because she is convinced she cannot draw. Her teacher gently encourages her to begin with a single dot and her creativity takes off! The story celebrates determination and the importance of developing self-motivation, whilst also showing the importance of encouraging others to overcome challenges.

During the assembly, we discussed the meaning of determination: never giving up no matter what. We agreed that everyone experiences challenges but it is how we show determination that makes us who we are. Sometimes we have to overcome obstacles to reach our goal but when we show determination, we can achieve anything.

Together, we recognised that showing determination is a skill we develop once we face and overcome challenges. However, we do not have to overcome these challenges alone. We can show determination by having a growth mindset and asking for help from others when we are struggling and show resilience, one of our 3Rs, by bouncing back. We want all children

to know that if we keep trying, we can and will achieve our goal.

In class, the children discussed moral dilemmas to help them consider the importance of determination when overcoming challenges in our everyday life and using strategies to build our resilience when faced with tough situations.



How to support at home

Model it - Children pay close attention to the language and vocabulary you and others use in your home. In order to encourage a growth mindset rather than a fixed mindset, you can use the poster below as a prompt when thinking about the type of language you use. If you want to encourage a growth mindset, instead of praising children for “being smart,” consider praising them for “working hard” or “getting better.” Instead of saying, “*you’re such a great singer*” consider praising how much they practised that song and how much better it sounded with practise

Additionally, children are so much more likely to do what we *do* rather than what we say. If our children see us persevering through tough situations, especially if we talk to them about it, they will know that they can do the same.

EXAMPLES ABOUT LEARNING SOMETHING NEW

Fixed Mindset



Growth Mindset



It's embarrassing when I make a mistake.



Everyone makes mistakes and mistakes are opportunities to learn.

If I don't try new or difficult things, then I won't fail.



I have to try new and difficult things in order to grow, even if I fail at first.

When I fail, I get frustrated and give up.



When I fail or get frustrated, I try again using the lessons I've learned.

Failure means it is time to give up.



I only truly fail when I stop trying.

I can't do that!



I can't do that yet. I'm going to keep going, try new strategies, and/or ask for help until I understand it.

If I don't improve right away, I get frustrated. I start to criticize myself.



I know improvement takes time and I celebrate the small steps. Even a little progress makes a difference!

I have a **GROWTH MINDSET.**

I am in charge of how smart I am because I can **GROW** my **BRAIN** like a muscle by learning hard things.

I can achieve ANYTHING

Celebrate It. Instead of only praising your child for things they are naturally good at, be sure to praise them for working hard to overcome something that was difficult for them. It's great to find where children naturally have skills and talent but it is also important to encourage them to step out of their comfort zones and overcome challenges. You will find that they tend to celebrate more and take more pride in the things they had to work hard to accomplish than the things that came easily to them.

Enable It - Do not just tell your child that they can't quit, *help them* to work hard to overcome their struggle.

Let Your Child Get Frustrated and Fail

Finally, It can be really hard to see our children struggle, but if we want them to learn how to overcome struggles for themselves, we have to let them get frustrated and even fail. Don't be afraid of your child's frustration or discomfort. This is how they develop resilience. Encourage them to push through and try again. We cannot create independent children if we're always stepping in and rescuing them from everything. If we let them give up, they'll never see what amazing things they can accomplish when they work hard. As hard as it is to watch, allow them to go through the emotions of disappointment, confusion, and failure.

See below books which explore 'determination'.

