



Character Trait Curriculum

Perseverance: Finishing what you start with a happy heart.

Icy Perseverance

Age Range: All Ages.

Supplies: 1 ice cube per student with a small object frozen inside.

Set Up: Prepare the frozen item 1-2 days before the activity.

Instructions: Begin your lesson by giving each student an ice cube. Explain that the first person to get the item out of their ice cube without putting it in their mouth or hitting it with another object is the winner. Afterwards discuss perseverance using the talking points below.

Talking Points

1. What is perseverance?
2. How does melting the ice cube show perseverance?
3. Did you ever feel like giving up? Why do some people quit before reaching goals they have set?
4. Could you have gotten the object out of the ice quicker if you broke the rules? Would you feel as good about the activity if you didn't follow the rules?
5. How do hard work and perseverance help you achieve your goals?



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All Shook Up!

Age Range: All Ages.

Supplies: 1 Mason jar with lid, 1 container of heavy whipping cream, plastic knives and sliced bread or crackers.

Set Up: N/A

Instructions: Fill the mason jar $\frac{1}{2}$ way full with the heavy whipping cream, place the lid on the jar. Pass the jar among the students giving each student several shakes of the jar before passing it one. Remind them not to give up because at the end they will have made delicious butter! Once they have made the butter they can spread it on a cracker or bread, eat and enjoy!

Talking Points

1. What is perseverance?
2. How does melting the ice cube show perseverance?
3. Did you ever feel like giving up? Why do some people quit before reaching goals they have set?
4. Could you have gotten the object out of the ice quicker if you broke the rules? Would you feel as good about the activity if you didn't follow the rules?
5. How do hard work and perseverance help you achieve your goals?

SUNSHINE DAY CAMP

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Caminandes- Perseverance Video

Age Range: All Ages.

Supplies: TV, <https://www.youtube.com/watch?v=L6mLFxGRFI4>

Set Up: N/A

Instructions: Begin by showing your children the Caminandes video (use link above). After watching the video, use the discussion questions below about perseverance.

1. What challenges did the llama face?
2. How did the llama persevere toward his goal?
3. What feelings do you think he experiences while chasing the fruit?
4. How does it feel when you face challenges when you're working toward a goal?
5. What kind of things can you say to yourself to help you persevere toward a goal?

