



## Reaching your goals despite obstacles.

People with grit are doers. They finish what they start, even when they encounter problems along the way. People with grit are able to marshal energy and effort when it is needed. They cross the finish line, meet deadlines and complete projects.

**Children with grit are focused. They demonstrate persistence when a math problem is hard, when the blocks keep toppling over, or when they are searching for just the right word to use in a story. Children with grit are resilient. They bounce back when things don't go as expected. They are able to envision the final product and let that act as a beacon, even when problems are right in front of them.**



You can help children develop grit by modeling grit in your actions and describing your mental processes when **persistence and resilience** are required. You can help them children develop grit by connecting physical and mental effort to **successful outcomes**, such as finishing a book, **getting to the top of a climbing wall** or making a block city. You can teach strategies such as positive self-talk to help students become more resilient and persistent. You can celebrate children's grit by highlighting times when they really **focused and redoubled their efforts to achieve their goals.**



MEETING STREET ACADEMY  
**PATH TO  
SUCCESS**

**People who have grit are persistent and resilient. People with grit are on the PATH TO SUCCESS!**