



# Perseverance

What is perseverance and why do children need it?

Perseverance is really important for living a life that can be enjoyed with a sense of pride. Life is full of challenges and struggles, perseverance is the drive that helps a person get past the hard stuff and get to what they really want.

Perseverance is a combination of persistence and resilience.

<https://www.youtube.com/watch?v=q48fTWSGauA&safe=active>

Perseverance is the ability and self-control that pushes humans to work through challenges. Having perseverance means that when we are facing a challenge, we use our minds and our bodies to overcome it. Perseverance means being able to wait and work through difficulties, whether they have to do with mind, body or emotions.

It's important to remember that the definition of perseverance isn't just "never quit". Sometimes you may need to reassess your goal. Perhaps the target you set was just too much at this stage.

Perseverance is the ability to do your best toward a goal, even when it is a big challenge.

Perseverance is particularly important in school and in learning. You may be doing some school work in a subject that you find tricky. You might be struggling. You may even want to give up. But you know the work needs to get done and you know you have to do your best work. So try harder. Stick with it and after some time and focus, you will be able to do it!

Perseverance is that drive that helps you keep working even when you want to quit. If you give up on your school work you won't learn what you need to learn,

and that can make the next lesson even harder. Perseverance is an important skill to get you through a challenge.

Perseverance is continuing to work towards a goal even if it is hard or takes quite a long time.

Sometimes we work hard and don't meet our goals, but knowing we did the best we could do gives us a sense of pride and self-confidence. If you had quit you wouldn't have the satisfaction of knowing you tried your hardest. Instead of feeling the pride of having done your best, you would have felt the emptiness of not even trying.

Remember that perseverance is the strength to do what you know is the right thing to do, even when it is hard for your mind, body, or emotions. Perseverance is really important in having positive relationships because friendships can present us with challenges. Perseverance helps you work through issues and maintain relationships, even when it feels really uncomfortable.

More and more experts are arguing that perseverance (also sometimes called grit) is essential to a child's future success. As adults, we tend to think that encouraging children means telling them they're smart, great at football or otherwise giving out praise for achievements. But telling a child s/he is clever is far less effective than rewarding him/her for hard work. In fact, rewarding intelligence instead of attitudes to learning tends to restrict children, encouraging them to shy away from new challenges and even lie to avoid proving they aren't as clever as their parents/ teachers tell them they are.

Teaching a child to persevere through challenges gives him/her the work ethic to be a responsible and resilient adult.

<https://www.youtube.com/watch?v=MJoczDESU24&safe=active>