

Don't give up!

Helping your child to become a resilient and determined learner who welcomes challenge



A toolkit for parents and carers

Introduction

- This toolkit is designed to provide you with some ideas, tips and hints that can be used to help your child develop resilience, determination and perseverance.
- Having these qualities will help your child to welcome challenges and think about failure and setbacks in a very positive way.

Fantastic failure!

Help your child to understand that what we sometimes call 'failure' is really just that necessary struggle called learning.

Remind them that many successful people were initially regarded as failures before they finally achieved success.

Remind them that the only real failure happens when we give up.

Talk about examples from their own lives where they have learnt from failure and gone on to achieve success (learning to walk or talk, for example)

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot... and missed. I've failed over and over and over again in my life. And that is why I succeed.'

Michael Jordan, basketball star

Famous 'failures'!

J.K. Rowling

Michael Jordan

Abraham Lincoln

Five very important words

Motivation

Get started and keep going!

Determination

Stay focussed and work towards our goals!

Challenge

Hard work means we are learning!

Perseverance

Keep trying! Don't give up!

Resilience

Learn from your mistakes and bounce back!

Determination

Talk to your child about challenges that you have faced.

Talk about why it is important to:

- Break challenges down into small achievable steps
- Recognise 'milestones' as you go along
- Stop and check progress from time to time
- Avoid distractions and remain focussed



Set yourself a really big challenge... and then grow into the person who can achieve it.

Motivation

- Talk about getting started on a challenge.
- Talk about sticking at it when the going gets tough.
- What kind of things can we tell ourselves when the going gets really tough?

When things get hard I tell myself not to give up. I believe that tough times do not last but tough people do. Winners do not give up no matter what.”
-Roy Berger

A journey of a thousand miles must begin with a single step.

Lao Tzu

When the going gets tough, the tough get going.

Anon

Perseverance

- Share any stories you know about perseverance (Robert the Bruce and the spider, for example)
- Talk about any occasions when perseverance has paid off for you, family members or friends
- Share words and phrases that you regularly use within your family circle to encourage perseverance and tenacity

You can do it!
Hang in there!
Keep trying!
Have another go!
Don't quit!
You're nearly there!
One more big effort
Try again!
Stick at it!

Challenge

- Talk about the feelings that often come with learning new and unfamiliar things
- Praise your child when they choose the harder option by grappling with something new, unfamiliar or tricky
- Remind them that it is natural to make mistakes and that we can learn a lot from them

If you could
do this
already you
wouldn't be
learning
anything new.

Resilience

- Talk about ‘bouncing back’ from setbacks and failures
 - Point out that very few people achieve immediate success when working on difficult challenges
 - The most successful people are often those that bounce back from setbacks time and time again
- Look for examples of resilience in your own family or local community and point these out to your child
 - Look for examples of resilience in stories, fables and films
 - Look for examples of resilience in sport and other areas of life
 - Talk about occasions when you or other family members have shown resilience

Praise perseverance and determination

| LESS HELPFUL :-) | MORE HELPFUL :-) |
|--|--|
| <p data-bbox="517 485 864 528">Aren't you clever!</p> <p data-bbox="533 600 848 810">You're so smart! You didn't make a single mistake.</p> <p data-bbox="465 890 918 1101">Gosh! You must be one of the brightest in your year group.</p> <p data-bbox="481 1181 902 1337">Wow! You got them all right without even trying.</p> | <p data-bbox="1308 485 1794 587">This was difficult and you really stuck at it!</p> <p data-bbox="1379 659 1727 810">Well done for having a go at the harder tasks.</p> <p data-bbox="1323 890 1783 1042">You have bounced back by trying even harder!</p> <p data-bbox="1308 1181 1794 1283">This was difficult and you really stuck at it!</p> |

I can't do it. It's too hard.

| WHEN THEY SAY... | YOU COULD SAY... |
|-----------------------------------|---|
| It's too difficult. | Spend 30 more seconds looking at it and come back and tell me if you still can't do it. |
| I can't do it. | |
| I give up. | Where have you come across something like this before? |
| This is hard. I prefer easy work. | Which bit can't you do yet? |
| Can you tell me how to do it? | Which strategies have you used for getting yourself unstuck before? |
| | If it was easy you are not likely to be learning anything new. |

Resilience role models

- Sport: Michael Jordan, Derek Redmond
- Art and literature: J.K. Rowling
- Science and technology: Marie Curie
- Human rights: Malala Yusefsai
- Politics: Abraham Lincoln

- WHO ELSE CAN YOU ADD?

Sayings about resilience, determination and perseverance

Failure lies not in
falling down. Failure
lies in not getting up.

Chinese proverb

It does not matter
how slowly you go
so long as you do
not stop.

Confucius

Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it or go around it.

Michael Jordan

Stories and fables about resilience, perseverance and determination

- 'The Tortoise and the Hare' by Aesop tells of a tortoise who plods his way to victory over a complacent hare
- 'The Dot' by Peter Reynolds tells of a child who believes she can't draw, but her teacher tells her to 'make a mark and see where it goes.'
- 'Rosie Revere Engineer' by Andrea Beaty tells of a child who invents something that fails.
- 'Ryan the Spy and the SuperHero Secret' by Jason Rago talks about hard work and practise being the keys to success.
- 'Cindersilly' by Diana B. Thompson is a non-traditional take on Cinderella in which she problem solves her life.

8 things that make a difference

- Praise hard work, perseverance, determination
- Praise resilience, resourcefulness, collaboration
- Talk to your child about what being clever means
- Talk together about hard work v easy work
- Talk together about embracing challenges
- Help your child to see mistakes, setbacks and failures as valuable for learning
- Model growth mindset by talking through your own experiences of learning difficult things
- Try and avoid denigrating your own intelligence (I was always rubbish at maths!)

Research and further reading



Carol Dweck's research into self-theories

- **Growth Mindset**
- Incremental Learners
- Mastery Oriented Learners
- **Fixed Mindset**
- Entity Learners
- Helpless Learners

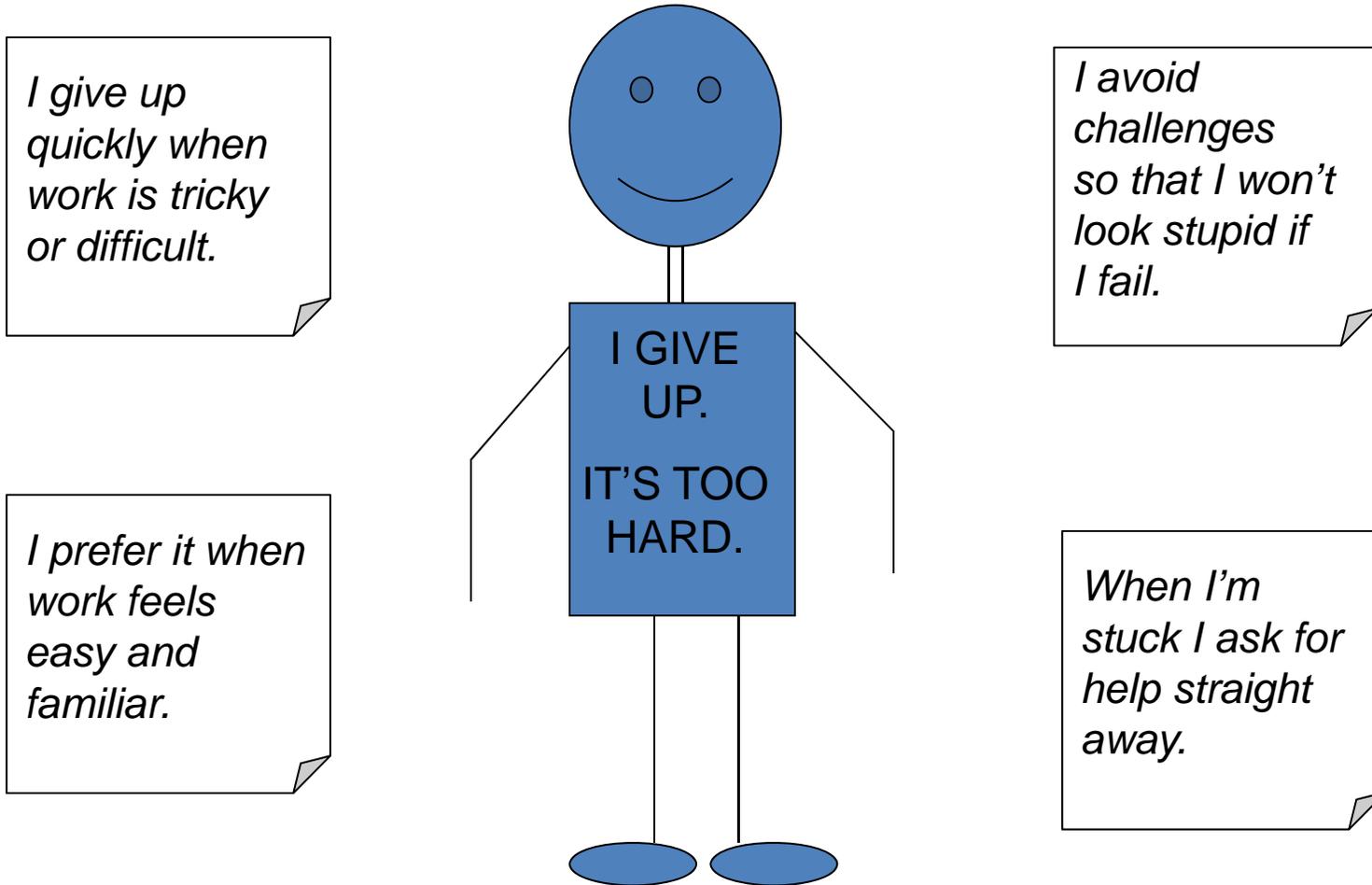
Carol S. Dweck, PH.D, Professor of Psychology, Stanford University

Growth mindset...

- In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Virtually all great people have had these qualities.

Carol S. Dweck, PH.D, Professor of Psychology, Stanford University
<http://mindsetonline.com/whatisit/about/index.html>

Fixed Mindset



ENTITY LEARNER

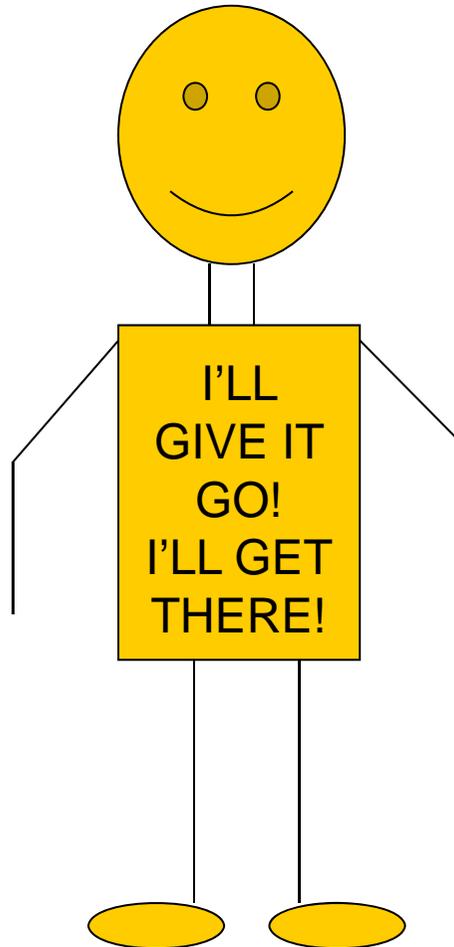
Growth Mindset

I tell myself to keep going when work is difficult. I don't give up easily.

I enjoy challenges and really throw myself into them.

It's better when work is hard because it probably means I am learning new things.

I try very hard to work things out for myself before asking for help.



INCREMENTAL LEARNER