



# The Value of Perseverance

**Always do Your Best, Never Settle for Less**

## Hello MATES Families:

This month, we focus on the importance of our motivational letter 'A' – the value of "Always Do your Best, Never Settle for Less." Experiential exercises and class discussions will guide students to reflect on their many accomplishments to date. We'll be re-emphasizing how learning is a lifelong journey and the importance and super hero power of a "yes brain!" Equally important, we want students to reflect on their current struggles, shift their focus to celebrate "small step" victories, and remember the pride they feel from repetitively working hard to accomplish something. **Please help us layer your child's growth by reviewing the following with them:**

### POSITIVE THINKING

Positive thinking is the process of creating thoughts that create and transform an idea into reality. A positive mind waits for happiness, health, and a happy ending in any situation.

### VALIDATION and HOPE

1. This is hard. You've done hard things before and I believe in you.
2. I know there's a lot that could go wrong. What could go right?
3. Use the power of "yet" - I don't get it... yet.

## FAMILY DISCUSSION:

**1. Review the definitions of the words, 'Positive' and 'Hope' as well as the word family Thought/Thoughts/Thoughtful/Think/Thinking.**

**2. This core value can be celebrated when completing half of a homework math page with zero complaining to twenty revisions of a favorite essay topic; It's one that takes years of practice to embody -- a great deal of stamina, energy, desire, and self awareness -- it's hard! And we can do hard things!! Let's keep celebrating the baby steps of getting better to reach our best!**

**3. Take a few minutes to share stories from your experience or other adults close to you who struggled with this value and whose perseverance was rewarded.** \*Then ask your child to do the same and see if they can identify a tiny step they can take toward solving an obstacle.

**\*Continue reinforcing that it's not okay to think, say or do anything hurtful - "Not Even Once" - and the PRIDE they feel when they are kind!**