

Hello TES students!

I hope that you had a relaxing Spring Break and that you and your family are doing well. I miss each of you so much! ☺ If there is anything that I can do to help you in any way, or if you just need to chat, email me at eholzman@henry.k12.ga.us You can also call me at 770-810-5654. Leave me a message with your name and number if I can't answer and I will call you back!

I thought this counseling lesson and activity on **perseverance** would be great for you all to complete whenever you have time. When you finish it, please ask the adult in your home to take a picture of your work and email it to me at eholzman@henry.k12.ga.us I cannot wait to see what you come up with!

Do you know what perseverance is? It is a long word with a great meaning as well as a character trait to work on developing. It means: ***not giving up or hanging in there until you complete the task you started....sticking with your work even though it may be difficult...continuing to do something in spite of challenges or obstacles that you run into.***

Watch the video by clicking on the link. <https://www.youtube.com/watch?v=SkVqJ1SGeL0>

After watching the video, have an older sibling or adult in your home help you read the following questions so that you can answer them on a piece of paper. You can also draw a picture of a time when you showed perseverance.

- 1) What challenges did the llama face?
- 2) What was the llama's goal?
- 3) How did the llama persevere toward his goal?
- 4) What feelings do you think he experienced while chasing the fruit?
- 5) How does it feel when you face challenges while you're working toward a goal?
- 6) What kind of things can you say to yourself to help you persevere toward a goal?
- 7) Name two strategies that can you use to get through challenges that you face.
- 8) What goal are you persevering toward now?

This llama does everything he can to reach his goal and doesn't let the obstacles keep him down! I want you to do the same!

Sometimes we need to take a break and think about our challenges in a different way. Figure out what is working and what is not working. When we stop for a moment and refocus, we can push ourselves to get through difficulties and achieve our goals! Celebrate small successes and especially when you make it to your goal! Remind yourself that you have what it takes to do it. Keep on working hard, never give up and finish this year strong! I love you guys and know YOU CAN DO IT!! ☺

