Perseverance

What is perseverance?

- Perseverance is commitment, hard work, patience, endurance.
- Perseverance is being able to bear difficulties calmly and without complaint.
- Perseverance is trying again and again.

You show perseverance when you ...

- Give up your tv time to spend hours studying
- Try a new sport that is very difficult but you don't give up
- Have a learning disability but keep studying even when discouraged
- Come from a home where there is fighting and unhappiness but you still try your best
- Have missed a week of school but you work hard to catch up
- Are at the end of a difficult race but you cross the finish line
- Save money and make sacrifices to buy something
- Spend hours practicing on your music
- Study and work hard to raise your grade
- Try out for something you weren't successful at the first time

Proverbs and maxims

- Failure is the path of least persistence.
- All things will come round to him who will but wait. (Longfellow)
- Only those who have the patience to do simple things perfectly will acquire the skill to do difficult things easily.
- Work hard and give it your best shot; never be a quitter. (Charley Taylor)

More quotes on perseverance

- Victory belongs to the most persevering. (Napoleon Bonaparte)
- Hitch your wagon to a star. (Emerson)
- To persevere, trusting in what hopes he has, is courage to a man. (Euripides)
You may be disappointed if you fail, but you are doomed if you don't try. (Beverly Sills)
Many strokes overthrow the tallest trees. (John Lyly)

People who persevered despite handicaps and disabilities

- Beethoven (composer) - was deaf
- Ray Charles (musician) - is blind
- Thomas Edison (inventor) - had a learning problem
- Albert Einstein (scientist) - had a learning disability
- Terry Fox (runner) - is an amputee with cancer
- Stevie Wonder (musician) - is blind
- James Earl Jones (actor) - was a stutterer
- Helen Keller (author) - was deaf and blind
- Marlee Matlin (actress) - is deaf
- Franklin D. Roosevelt (president) - was paralyzed from polio
- Vincent Van Gogh (artist) - was mentally ill
- Woodrow Wilson (president) - had a learning problem
- Itzhak Perlman (concert violinist) - was paralyzed from the waist down
- Stephen Hawking (physicist) - had Lou Gehrig's disease (of the nervous system)

Heroes and heroines

- Susan B. Anthony was a women's rights activist who spent her entire life working for a constitutional amendment giving women the right to vote.
- Marie Curie was a physicist who published 32 scientific papers and continued to study sources of radioactivity over many years.
- Amelia Earhart became famous as the first woman to fly solo across the Atlantic Ocean and as an advocate of aviation and women's rights.
- Babe Didrikson Zaharias was a great American female athlete who excelled in many sports.
- Benjamin Franklin was a leading scientist, inventor, publisher, and politician whose persistence, patience, and hard work paid off. He is on our $100 bill.
- Wilma Randolph was an Olympics Gold medalist in track who was not able to walk properly as a child.
- El Chino was the first Chinese matador in Spain.
- Martin Luther King, Jr. worked very hard to lead the civil rights movement in the 1960's. He withstood prejudice and resistance to change.

Put perseverance into action
• When something starts to bother you, wait as long as you can before you express frustration.
• When something doesn't work right, try again and again.
• Don't lose your temper when something upsets you.
• Always finish what you start.
• Keep working at something that is difficult until you complete it.
• Don't give up on difficult jobs or situations.
• Focus on someone or something that ordinarily makes you lose your patience and try to understand it (and don't "lose it").
• Work a little harder or a few minutes longer on a task that you do not like.

Community service ideas

• Volunteer to work in the library, at a nature center, or in an animal shelter doing tasks that require a great deal of patience and persistence.
• Organize a campaign to promote good study habits in your school.
• Help with the recycling project at your school and community.

Not so cool ways to cope

• Escape or avoid your problems.
• Blame yourself.
• Blame other people.
• Blame chance.
• Blame other things, forces, or powers.

Cool ways to cope

• Face and accept what happens in your life.
• Express your feelings.
• Write about your feelings.
• Get help if you need it.
• Try to make it better.
• Take good care of yourself.
• Learn and grow from your experiences, including the ones that hurt.

Activities

• Write in your journal about difficult situations and how you handled them without giving up.
• Write a poem about suffering, what you can learn from it, how to face it, how not to hurt others, or anything else about obstacles.
• Collect stories, poems, diaries, or quotations by writers about persistence.
• Brainstorm cures for "the blues."
• Learn what Galileo (a famous astronomer) or other scientist endured with opposition faced during his or her lifetime.
• Find out what help is there for people who face difficult situations - counselors, psychologists, social workers, psychiatrists, therapists.
• Create a skit that shows what to do when disaster strikes.
• Explore the healing power of music.
• Explore the healing power of exercise.
• Explore the healing power of pets.
• Put some extra effort into a project that is difficult and try to improve your skill (like public speaking or learning a dance).

BOOKLISTS for PERSEVERANCE

Grades K-3

Tortoise and the Hare - Aesop
Helen Keller
The Carrot Seed - Krauss
El Chino - Say
John Henry - Lester
The Little Engine That Could - Piper
Mirette on the High Wire - McCully
Wagon Wheels - Brenner
Wilma Unlimited - Krull
Alexander and the Terrible, No Good, Very Bad Day - Viorst
A Chair for My Mother - Williams
How Many Days to America? - Bunting
The Little Red Ant and the Great Big Crumb - Climo
Pancakes for Breakfast - De Paola
The Wednesday Surprise - Bunting
Ginger Jumps - Ernst
The Little Red Hen
The Ox-Cart Man - Hall
The Three Little Pigs
The Tortoise and the Jack Rabbit - Lowell
Whistle for Willie - Keats
Snowflake Bentley - Martin
D.W. Flips - Brown
Hugh Can Do - Armstrong
A Little Pig Goes a Long Way - Loehr
Weslandia - Fleischman
Gandhi - Fisher
Mandela - Cooper
Sebastian: a Book About Bach - Winter
Leif's Saga - Hunt

**Grades 3-6**

The Big Wave - Buck
The Book of Virtues - Bennett
Call It Courage - Sperry
The Cay - Taylor
The Diary of a Young Girl - Frank

Dragonwings -Yep

Island of the Blue Dolphins - O'Dell

Julie of the Wolves - George

Nothing Is Impossible - Potter

Sadako and the Thousand Paper Cranes - Coerr

Sarah Plain and Tall - MacLachlan

Sing Down the Moon - O'Dell

Stone Fox - Gardiner

The Wheel on the School - DeJong

Reach Higher - Pippen

Wizards Hall - Yolen

Holes - Sachar

Hatchet - Paulsen

Weasel - DeFelice

Amelia Writes Again! - Moss

Catherine Called Birdy - Cushman

Ellen Anders On Her Own - Hirsch

Heads or Tails: Stories from the Sixth Grade - Gantos

The Lion and the Unicorn - Hughes

Sky Pioneer: a Photobiography of Amelia Earhart - Szabo

From Values Education
http://www.k12.hi.us/~mkunimit/perseverance.htm