



# TOOLKIT

# PERSEVERANCE

ACTIVITIES  
LESSONS  
INSPIRATION



# OVERVIEW

## PERSEVERANCE TOOLKIT

Classroom Champions believes perseverance is a skill that can be taught to kids early and effectively. Setting kids up for emotional success allows them to face obstacles with a healthy perspective.

This toolkit will help students understand how to reframe their mindset and inspire them to tackle on their challenges head on, helping them achieve and persist in achieving their goals.

### **1 SEE YA, NEGATIVE THOUGHTS** → PAGE 3-4

The first step to perseverance is staying focused and positive. Getting rid of and reframing your negative thoughts is a skill kids have to actively practice. These worksheets take them through the process in a helpful and visual way.

### **2 NEW THOUGHTS, NEW FEELINGS** → PAGE 6-8

Turn your self doubt into fuel. Create a map to help navigate the new feelings you can use to push forward in achieving your goals.

### **3 MOMENT OF REFLECTION** → PAGE 8-12

Write & reflect on these quotes mean, & use these as prompts to help inspire students to think about different forms of perseverance & how to channel it into their day.

# SEE YA, NEGATIVE THOUGHTS

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**ACTIVITIES**

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Name: \_\_\_\_\_

# REFRAMING WORKSHEET

**Negative Thought**



**Challenge the Thought**



**New Thought**



Name: \_\_\_\_\_

# OVERCOMING NEGATIVE THOUGHTS

Negative Thought

How distressing  
is this thought?

*mild*

*moderate*

*high*

*other*

What triggered the  
negative thought?

How did the negative thought  
make you feel or act?

What evidence is there that  
the thought is TRUE?

What evidence is there  
that the thought is FALSE?

What would you say to a friend in the same position?

Rewrite your original thought in a way that is kind, understanding and truthful.



# NEW THOUGHTS, NEW FEELINGS

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## ROAD MAP

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Name: \_\_\_\_\_





# CHANGE YOUR THOUGHTS, CHANGE YOUR FEELINGS


Question/Feeling

Negative Thought

Replaced Positive Thought







New Feeling

# MOMENT OF REFLECTION

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**PROMPTS**

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Name: \_\_\_\_\_

Quote

***"If you run into a wall, don't turn around and give up.***

***Figure out how to climb it."***

Michael Jordan, Basketball Player

What does this quote mean to you?

How can you apply this quote to your own life? Be Specific.

Name: \_\_\_\_\_

**Quote**

***"Failure is only the opportunity to begin again, this time more intelligently."***

Henry Ford, founder of Ford Motor Company

**What does this quote mean to you?**

**How can you apply this quote to your own life? Be Specific.**

Name: \_\_\_\_\_

**Quote**

***"Success is the sum of small efforts, repeated day in and day out."***

Robert Collier, American Author

**What does this quote mean to you?**

**How can you apply this quote to your own life? Be Specific.**

Name: \_\_\_\_\_

**Quote**

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

Confucius, Philosopher

**What does this quote mean to you?**

**How can you apply this quote to your own life? Be Specific.**

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