



# GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program  
is proudly supported by

## EVANS PROPERTIES

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Living Locally  
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### What is Perseverance?

Perseverance means moving forward towards our goals despite any challenges, obstacles or disappointments. Perseverance is about sticking with things. It means being hardworking and finishing what is started, despite barriers that arise. Sometimes we have to dig deep to overcome thoughts of giving up. Being able to persevere with one task, can help us to develop confidence for future successes and achievements. Perseverance involves both effort for a task and duration to keep the task up.

### How can I help my child to grow their strength of perseverance?

- Encourage a GROWTH mindset – viewing failures as lessons rather than set backs.
- Help your child to make a plan for success or break down complex tasks into small, achievable steps.
- Help your child organise themselves to complete the task (e.g help them schedule breaks, organise equipment needed and ask for help.)
- Model taking pleasure in sticking with and completing tasks.

<https://gumdaless.eq.schooltv.me/content/blog/how-resilience-proof-your-kids>



## Perseverance



### Perseverance



*I persist toward my goals despite obstacles, discouragement, or disappointments.*



### Grit: The Power of Passion and Perseverance

For Parents:

<https://youtu.be/H14bBuluwB8>

For Students:

[https://youtu.be/Ko\\_Dym09Hws](https://youtu.be/Ko_Dym09Hws)

### Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

### The Learning Pit explained

<https://youtu.be/8pdYmAbWR-k>

