



school on wheels

Perseverance Strategies

Credit: MB Creations, TPT



I can persevere
by using
strategies.

Strategy #1 : Deep Breaths

Porter is trying to build a tower for his science experiment. It keeps falling over and he is getting frustrated. He decides to stop and breathe. He counts backwards from 10 to 1 while controlling his slow breaths. This helps him calm down and refocus.

I Can Persevere!

Goal
2



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Strategy #2: Try Again

Macy is practicing her cursive handwriting. Her letters aren't slanted correctly. She tries writing only one letter over and over again. After a little while, she notices that the shape of this letter has improved!



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Strategy #3: Read It Slowly

Paige reads the story in her textbook and begins her assignment. The directions are really long and she keeps getting confused! She decides to read the paragraph one line at a time. After reading it slowly, she understands.



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Strategy #4: Read It Aloud

Max has been struggling with a word problem for several minutes. He's stuck, but also feels bad that others have already finished. He quietly reads the problem aloud and notices a detail he had overlooked. Now, he knows what to do!



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Strategy #5: Break it Apart

Madison is practicing for a big recital. She wants to play a challenging piece. She has never played something like this before. She breaks apart the sheet music into smaller chunks and practices each section for a week at a time.



I can persevere by reviewing positive self-talk in my mind.

Ponder: Self-Talk

How could these statements help you persevere? What would you add?

- "I can do this! It is hard, but if I keep trying, I'll get there."
- "I have the skills to succeed!"
- "I can find strategies that work for me."
- "I'm not good at this YET!"
- "I'm behind now, but I can come up with a plan to catch up."