

# Grit - Pre-K to 2nd Family Resource

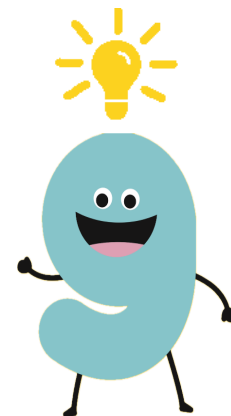


## What is BrainAbouts?

BrainAbouts is a prevention and early intervention ecosystem that empowers young people to make positive choices, supports parents, and helps school staff overcome implementation obstacles with brain-based programming.

## Learning about Grit - Students learned that...

1. Grit means not giving up, even when things get hard. It's about trying your best, working through challenges, and keeping going until you finish. Grit is being strong and continuing to work, even if things don't go your way right away.
2. Our frontal lobe helps us to push through frustration, manage thoughts of giving up, and continue working toward our goals.
3. Some tools to help us not give up and demonstrate grit include: taking breaks, saying positive things to ourselves, having a snack or drink of water.



## Family Connection

1. Discuss a time adults in the family demonstrated grit during a challenging situation.
2. Ask child(ren) a time they had grit, or noticed someone in the family demonstrating grit.
3. Come up with a family affirmation for when things are challenging - a positive phrase or saying that could encourage each other to not give up.
4. Sing the "Grit Song" together, have your child help teach you the tune!

## Grit Song



When it gets tough, I won't give in,  
I'll keep on trying, until I win!



Step by step, I'll see it through,  
With grit and heart, I can do it too!



I'll work hard, no matter how long,  
Holding on with grit, I'll stay strong!

