



Exploring...

Perseverance

With Gracie

Hi Young Leaders!

I'm going to share some ideas and activities to help you explore and practice **perseverance** at home.

Perseverance means to 'stick at it' and keep on going, even when things are difficult.

Remember small steps can make **BIG** changes!

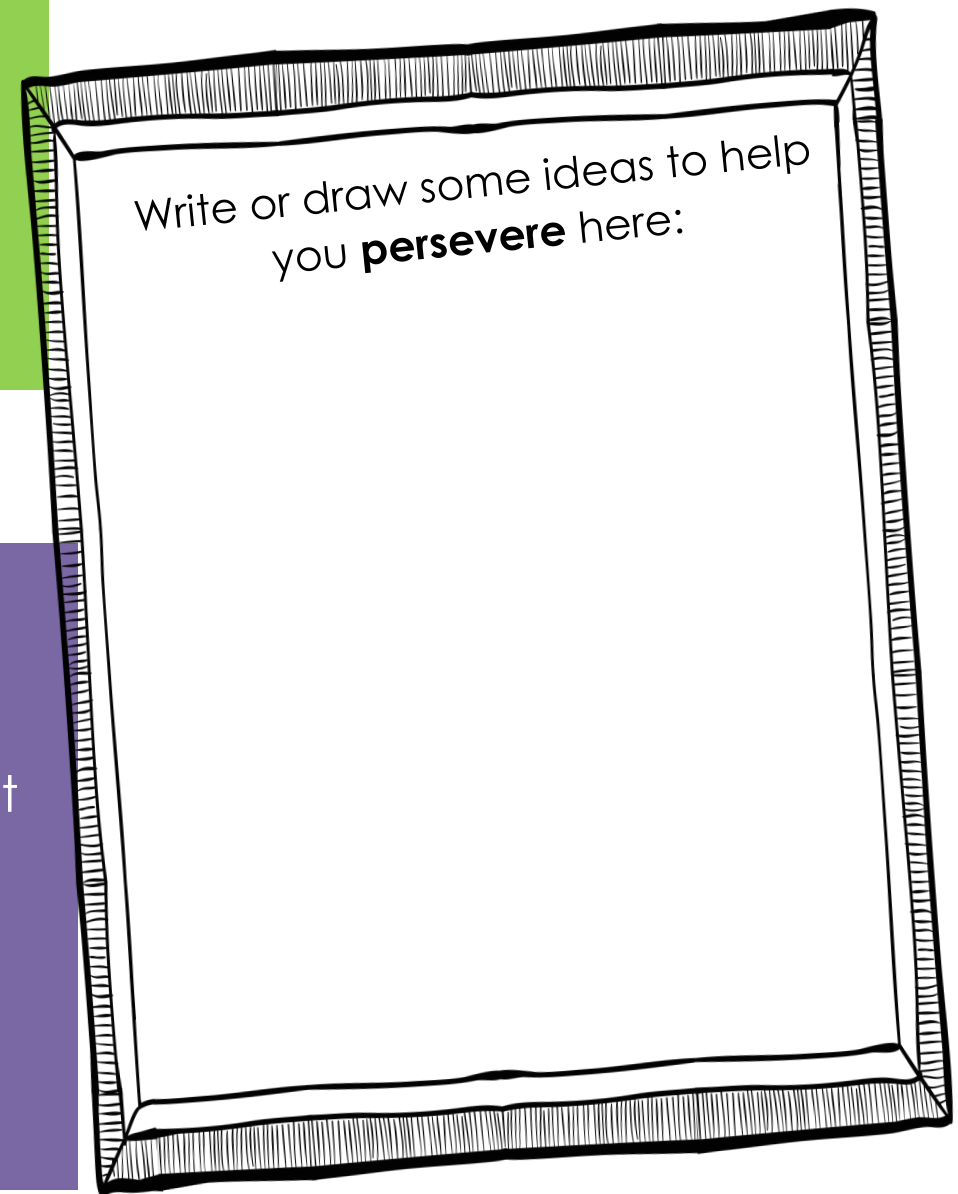


Things could be different for a little while.

You may not be at school and you may not be able to see your friends or some family members. You may not be able to go to places you usually would.

Think about:

- How might you need to 'stick at it' or persevere in your learning activities at home?
- How might you need to 'stick at it' or persevere as you spend lots of time with your family every day?



Many people may be worried, scared or lonely at the moment.
What message would you give to them to help them persevere?
Draw or write your message here:



Perseverance



Reach for the Stars

Goals can help us to focus on what we want to achieve and to persevere!

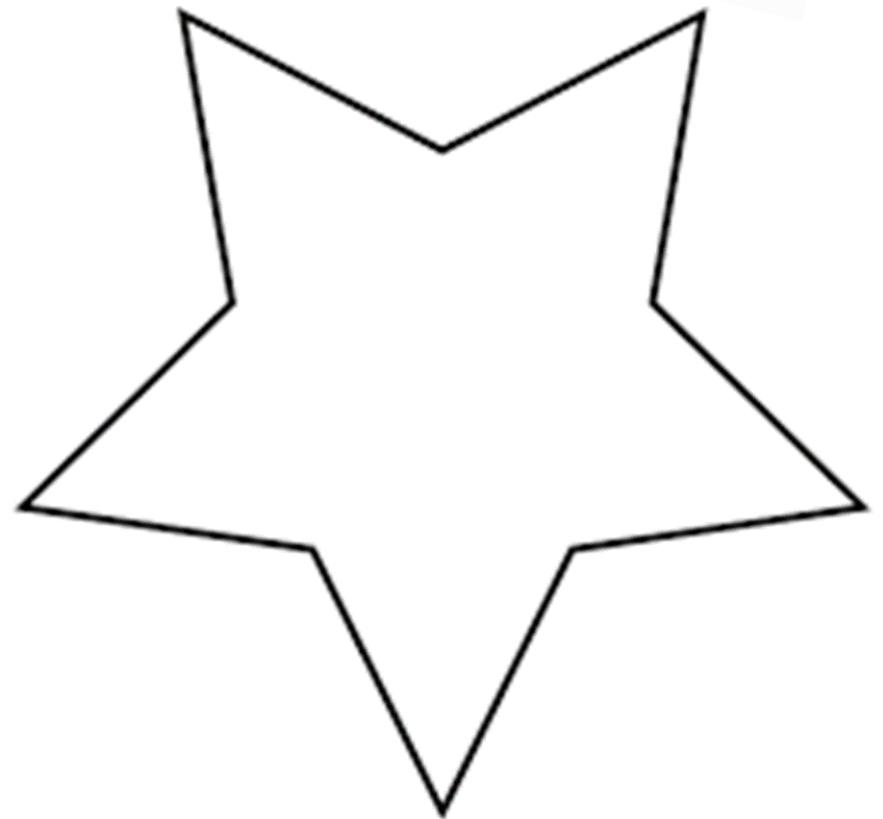
They can remind us to stick at it!

Can you decide on one goal you would like to achieve this week at home?

This could be in your learning, or in a hobby or something you would like to get better at.

Write or draw your goal on a paper star and display it somewhere to remind you this week.

Once you have finished your goal, think of a new one to try!



Learn Something New

Choose something new to learn.

You could do this on your own or with others in your family.

You could learn a song, a dance, a game, a new skill or job to help around your home.

I am learning a new...

Write down every time you practice...

When I finished, I felt...

At the start it was...

Write down the challenges you have overcome...





Have you found this resource useful and would like to find out about similar tools you could use? Please visit the link below for more Young Leaders Award at Home resources and ideas.

Please visit:

www.abyyt.com/yla-at-home



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