

## **1.0 PSYCHOLOGICAL STRENGTHS AND VIRTUES**

### **3.1 Trust and Hope**

#### **3.1c Perseverance**

##### **Perseverance is:**

- maintaining a steady effort in an action without giving up even in the face of setbacks.
- having energy, enthusiasm, ambition, motivation, or determination for staying with a decision, an undertaking, etc., in spite of opposition, discouragement, or disappointment.
- staying on course or on target, moving ahead with one's plans or ideas.
- remaining steadfast in a situation.

##### **It is important because:**

- it is necessary in order to make one's thoughts or words a reality.
- it is an essential ingredient in moving something forward such as a project, relationships, activities, etc.
- it is required in order to produce something, maintain a relationship, or contribute to a cause.

##### **One would exhibit it by:**

- expressing a need without giving up.
- trying to accomplish a task without much success but continuing to try in spite of the difficulty.
- staying with a project or activity over time.
- remaining loyal and faithful to another.
- moving ahead with a project, an idea, a commitment, or a cause.

##### **NOTES:**

Young children naturally persevere in what they are doing when they have interest in it and control over it. They must be given ample time to stay with what they are doing. Making them clean up from their play frequently discourages the development of perseverance. Young children need to be encouraged in the midst of their endeavors. They must learn that others will be there to support and encourage them from time to time. Children need to have a sense of remaining with something long enough in order for the possibility of their dream or desire to come true.

##### **IDEAS FOR PARENTS:**

- Give your child long periods of time for what he/she is doing so that your child will learn that spending time on a task is an important part of "staying with a task."
- Be there to encourage your child when he/she gets frustrated and wants to quit.
- Offer your assistance when your child seems driven and set on pursuing a goal.
- Assist your child when challenges appear to be out of reach so that your child will stay with the challenge.
- When your child is frustrated during an activity, help your child calm down by taking deep breaths, counting to ten, etc.
- When your child seems ready to quit an activity, suggest another way that would make the activity last longer.
- When your child seems driven or set on doing something, encourage him/her in what he/she is doing
- Provide your child with his/her own space and materials for exploration and discovery play.
- Try not to control your child's play, or play themes, or the direction the play is going.
- Provide your child with open-ended materials for play such as Play-doh, building blocks, art materials, empty boxes, dirt, sand, etc. Avoid toys that wind-up, are battery operated, or can only be played with one way.
- Encourage your child by saying, "You can do it! Keep trying. Don't give up"
- Allow your child to extend his/her activities in the ways your child wants. Avoid exerting your opinion or ideas into his/her leisure or play.