



Virtual Leadership Development

Weekly Leadership Lessons for 4th and 5th graders

WEEK OF 6/1/2020

Practice your social-emotional and leadership skills by completing the three items below this week!

1. Complete this week's lesson and activity focused on Grit!
2. Complete the Role-Model Interview Challenge
3. Teach others in your home some new exercises this week from the BFit with Playworks Activity Challenge.
 - This week the challenge includes:
 - Butt Kickers & Front Lunges
 - High Knees & Low Plank
 - Hopscotch & Squats
 - Ice Skaters & Superkids
 - Invisible Jump Rope & Toe Touches





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Grit

Grit is the perseverance and passion for long-term goals--the ability to maintain determination and motivation over long periods despite experiences with failure and adversity.

Guided Questions:

Answer the following questions as you watch two short videos.

[Grit Video 1](#)

[Grit Video 2](#)

Answer the following questions based on what you see and hear in [Video 1](#).

1. The video described Grit as “the combination of **persistence** and **resilience**.”
 - a. The video showed how you use **persistence** when learning to ride a bike. Even if at first you can only go a few feet, you try again and again until you learn. Give an example of a time you used **persistence** to learn something new:

 - b. The video showed how you use **resilience** (or toughness) if you fall off your bike and get hurt, but you don’t let the fear of falling keep you from getting back on your bike and trying again. Give an example of a time you have used **resilience** to get back up after experiencing a challenge or setback:



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2. What is a goal you have for the future? Name three challenges or setbacks you might face in achieving that goal and brainstorm how you might use **grit**, or a *combination of persistence and resilience*, to overcome them.

Goal:

Challenge 1:

Challenge 2:

Challenge 3:



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Answer the following questions based on what you see and hear in [Video 2](#).

3. Explain how the people in the video used **grit** to help them achieve their goals?

4. The definition of “**failure**” means *to be unsuccessful in achieving a goal*. Think about a time you “**failed**”, either at home, at school, or during an activity like sports, music, or playing games.

a. How did failing make you feel?

b. What do you think you learned from failing?

c. How can you use what you learned from failing to achieve your goals in the future?





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Role-Model Interview Challenge

Choose someone in your life who you consider “successful,” either in their job, at home, in school, or at something they are passionate about. It can be an older family member, teacher, coach, friend, or anybody you know who has achieved a goal.

Ask them the following questions and record their responses below:

Name:

What is a goal you have accomplished in your life that you are proud of?

What did you have to practice and learn in order to accomplish that goal?

Draw a picture of the person you are interviewing:
(optional)

Was there ever a time when you failed or experienced a setback in achieving your goal?

What did you learn from failing that helped you achieve your goal in the future?

What was the most difficult part of achieving your goal? How did you stay motivated?

What advice would you give to a younger person working to achieve their goals?





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Role-Model Interview Reflection

After conducting your interview, respond to the following question:

How did the person you interviewed demonstrate **grit**--or *the ability to maintain determination and motivation over long periods despite experiences with failure and adversity*--in order to achieve their goals?