

# Baker 8 Traits at Home

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## Grit



I always do my best to grow.

### What does Grit mean?

Grit is often defined as the “passion and perseverance that is needed to achieve long-term goals” (Williams).

### What does the research say?

Research shows that it is a better indicator of future earnings and happiness than either IQ or talent. Today’s mounting research on *grit* suggests that a child’s ability to work hard, endure struggle, fail, and try again may be the key to determining his or her long-term success and happiness.

This article provides insight on the fascinating research by University of Pennsylvania psychologist and MacArthur ‘genius’ Angela Duckworth: [What Is Grit, Why Kids Need It, and How You Can Foster It](#) by Jenny Williams

Students can practice grit with everyday activities at home. It is especially meaningful when children witness the adults in their life persevering through challenges.

### Family Activity for Grit

*Setting goals & breaking a task into parts to make it attainable are important skills that help develop grit.*

#### Try creating a family goal.

Examples could be trying 10 new foods, learn to do three new things, exercise every day. Keep track of the progress towards your family's goal completion in a visible spot like the fridge. Whatever the goal, what matters is the follow through.

### Dinner Table Conversation Starters:

- What did you do this week that was hard? How did you handle it?
- If you can't do something now, should you give up? Why or Why not?
- What are the strategies that can help you keep trying?
- What are some ways you can improve your work?



## RESOURCES

[Click here for video of our school's Grit Saying and Gesture.](#)



See next page for Grit/Growth Mindset bookmarks to print, cut & color!

This Social Emotional newsletter is brought to you by the SEL teacher team at Baker. We hope you can use these tips to practice the Baker 8 traits at home.



I AM  
CAPABLE  
OF  
LEARNING  
ANYTHING



I AM  
GOING TO  
TRAIN  
MY  
BRAIN  
TO DO IT



CHANGE  
MY  
WORDS  
CHANGE  
MY  
MINDSET

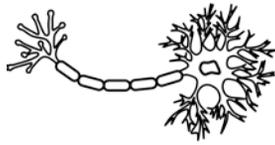


EVERY  
MISTAKE  
YOU  
MAKE  
IS  
PROGRESS

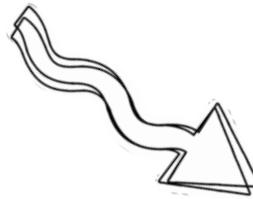
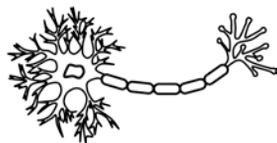


ALL THINGS  
ARE  
DIFFICULT  
BEFORE  
THEY ARE  
EASY

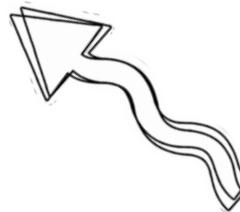
- Thomas Fuller



SMART  
IS  
SOMETHING  
YOU  
BECOME  
NOT  
SOMETHING  
YOU  
ARE



YOUR  
ATTITUDE  
DETERMINES  
YOUR  
DIRECTION



BE  
NO  
LESS  
THAN  
YOUR  
VERY  
BEST

