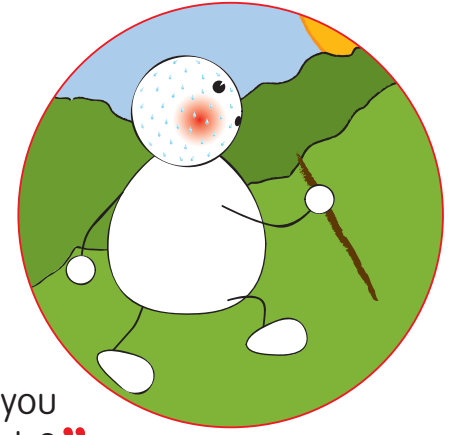


# Perseverance Thermometer



## Time to think ... and share ideas

In pairs or threes – Think of an instance when you stuck at something and succeeded.

“What made you feel it was worth going on trying?”

“How did you keep yourself going?”

“How did you feel whilst you were struggling ... afterwards?”

Now think about times when you have persevered but felt you didn't succeed.

“What was different?”

“What made you give up?”

“Might you have succeeded if you'd carried on?”

## A way with words

Make a note of important words and phrases from the conversations you have just had

**Perseverance**

## Me-now!

Rate yourself for persevering in different subjects and activities and try to identify why you stick at some things more than others. Put school subjects, hobbies, leisure and sporting activities on your scale.