[](http://www.google.com/imgres?imgurl=http%3A%2F%2Fwww.clipartillustration.com%2Fwp-content%2Fuploads%2Fsymbiostock_rf_content%2F54310-orange-man-rolling-a-large-ball.jpg&imgrefurl=http%3A%2F%2Fwww.clipartillustration.com%2Fclipartillustration%2Fendurance%2F&h=590&w=590&tbnid=tx6REi_l5I3sZM%3A&zoom=1&docid=BWJdLlFMuhCyEM&hl=en&ei=6-EUVJPEA4SZyASyw4KABA&tbm=isch&ved=0CJsBEDMoYjBi&iact=rc&uact=3&dur=654&page=5&start=98&ndsp=28)**[](http://www.google.com/imgres?imgurl=http%3A%2F%2Fus.cdn3.123rf.com%2F168nwm%2Fvectoraart%2Fvectoraart1309%2Fvectoraart130900091%2F22092905-you-can-do-it-word-banner-hold-in-hand-stock-vector.jpg&imgrefurl=http%3A%2F%2Fwww.123rf.com%2Fclipart-vector%2Fperseverance.html&h=168&w=168&tbnid=K9GJojJMhNAV7M%3A&zoom=1&docid=iLqPMGIN88KXRM&hl=en&ei=Ct8UVNv2MpSkyAS3yILwCw&tbm=isch&ved=0CD8QMygMMAw&iact=rc&uact=3&dur=1983&page=1&start=0&ndsp=13)What is Grit?**

**GATE Group-September 2014**

1. **I began our session today by asking the students to brainstorm the following question:**

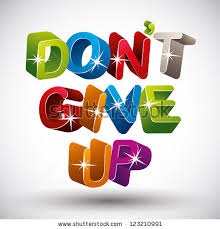
**[](http://www.google.com/imgres?imgurl=http%3A%2F%2Fsr.photos2.fotosearch.com%2Fbthumb%2FCSP%2FCSP465%2Fk4654328.jpg&imgrefurl=http%3A%2F%2Fwww.fotosearch.com%2Fillustration%2Fperseverance.html&h=129&w=170&tbnid=ZeYrFWYBjDylzM%3A&zoom=1&docid=f5-NvxSGivJtVM&hl=en&ei=Ct8UVNv2MpSkyAS3yILwCw&tbm=isch&ved=0CEMQMygQMBA&iact=rc&uact=3&dur=879&page=2&start=13&ndsp=23)“What is “grit”?**

1. **After brainstorming, I shared the dictionary definition:**

**The dictionary defines “grit” as:**

**Courage, strength of character, bravery, spirit, determination, perseverance, endurance, spunk**

1. **We discussed the words from the definition and then I asked, “Who do you know that has “grit?” “Do you think it’s important to have ‘grit’?” “Why? “How do our PBIS goals go along with our “grit” thinking?”**
2. **[](http://www.google.com/imgres?imgurl=http%3A%2F%2F1.bp.blogspot.com%2F_tkm9v4opNG8%2FRbHUXNTBI7I%2FAAAAAAAAAAc%2FUO7Y4PR8Kuc%2Fs1600-h%2FResponsibility-Citizenship-Perseverance-Respect.jpg&imgrefurl=http%3A%2F%2Fimgarcade.com%2F1%2Fanimated-student-thinking%2F&h=444&w=500&tbnid=rmgJUfESapA9uM%3A&zoom=1&docid=k7pJPlINCQuAgM&hl=en&ei=ld8UVNfkJdKAygS_hoGYBA&tbm=isch&ved=0CF8QMyhXMFc4ZA&iact=rc&uact=3&dur=699&page=8&start=166&ndsp=26)I told the students that this year’s theme for all of our GATE Group sessions is going to be: “GRIT”. We will take a different descriptor of “grit” each month and think about how we can use that type of “grit” in our lives.**

**[](http://www.google.com/imgres?imgurl=http%3A%2F%2Fthumb7.shutterstock.com%2Fdisplay_pic_with_logo%2F615877%2F123210991%2Fstock-vector-do-not-give-up-phrase-made-with-d-colorful-letters-isolated-on-white-background-vector-123210991.jpg&imgrefurl=http%3A%2F%2Fwww.shutterstock.com%2Fs%2F%2522give%2Bup%2522%2Fsearch.html&h=470&w=450&tbnid=MCpxzpYqx9QRGM%3A&zoom=1&docid=GZiQBFjrBeHVlM&hl=en&ei=S-AUVJ79EZenyATZqYDwBA&tbm=isch&ved=0CDoQMygSMBI&iact=rc&uact=3&dur=802&page=2&start=16&ndsp=30)**

1. **We then added some movement to our session by “grooving to the music video, “Don’t Give Up”, by Bruno Mars** <https://www.youtube.com/watch?v=pWp6kkz-pnQ>

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1. **I ended our session by handing each student a “What is Grit?” poster, and we reviewed the descriptors for “grit”: Courage, Determination, Perseverance, Endurance, and Spunk. I also had two levels of sandpaper stapled to the poster, and I asked the students to share with me, what level of “grit” they would want to show at school, at home, and in the community?**

**I asked each student to find a special place to hang the “What is Grit?” poster, so they would constantly be reminded that “grit” is an awesome characteristic. A characteristic that they will want to share with others!!**

**Parents, if you are interested in learning a bit more about this topic, please follow the link below:**

[](http://www.google.com/imgres?imgurl=http%3A%2F%2Frlv.zcache.co.uk%2Freach_for_the_stars_post_card-r1300f6c57911437cbb48f59f1e3da298_vgbaq_8byvr_512.jpg&imgrefurl=http%3A%2F%2Ffunny-pictures.picphotos.net%2Freach-for-the-stars%2Fclker.com*cliparts*g*P*p*c*s*1*reach-for-the-stars-hi.png%2F&h=512&w=512&tbnid=w5O7YsHueCXAOM%3A&zoom=1&docid=xPOSU4-GMovqrM&hl=en&ei=fOMUVNjOJYafyASy6YC4Dw&tbm=isch&ved=0CC8QMygnMCc4yAE&iact=rc&uact=3&dur=576&page=9&start=237&ndsp=31)<http://www.gostrengths.com/what-is-grit/>