

Longfellow Home Cool Tool

Giving your best effort

Expectation: Be Responsible

Purpose of the lesson? Why it is important:

1. To teach children that giving their best effort makes learning easier.
2. To teach children that giving their best effort makes them feel proud.

Teaching Examples: *The following presents situations that your child might find himself in. Use these examples to discuss with your child how to make good decisions about keeping giving his/her best effort.*

- A relative is teaching your child how to catch a fish. Your child did a good job of putting the bait on the hook and casting the line. The hardest part for your child is to sit quietly and wait patiently. Your child lays down the fishing rod and is about to give up. Ask your child how he/she could express feelings to the relative. Brainstorm with your child on what he/she could do rather than give up (ex. take a break, use relaxation techniques, chat quietly with the relative). Ask your child how it would feel to give his/her best effort and catch a fish.
- Your child brought home the first report card of the school year. Your child was upset because he/she didn't get as high of grades as was expected. Talk to your child about why your child felt that he/she should have received higher grades. Talk about the amount of studying your child does at home. Could your child put forth a greater effort? If so help your child to make a plan for studying on a daily bases (ex. what subject what night, how long, with help or without).
- You asked your child to help you clean the house. Your child was dusting the furniture and you noticed that he/she was rushing to get through and had missed many spots. Ask your child if he/she thinks that they are really helping if their best effort is not made. Tell your child how it makes you feel when he/she is not putting forth their best effort. Talk to your child about how much longer it will take to have to start again rather than doing it with more effort the first time.

Kid Activities/Role Plays:

1. Discuss that it is O.K. that some people take longer to learn some things than others. Give examples from your own experiences. As long as people are giving their best effort they will learn what they need to know at their own pace.
2. List the things people can do and the ways people can show that they are giving their best effort.
3. Talk about the fact that when a person is making their best effort they are showing respect for themselves and showing others that they are ready to learn.

Follow-up/Reinforcement Activities:

1. Verbally praise your child when you see that he/she is giving their best effort in academics, social situations, or in personal goals.
2. When you see that your child is making a great effort ask him/her to look at the gains they have made (ex. yesterday you misspelled four words on the spelling quiz I gave you and today you only misspelled three words).

