

# Grit Tricks!

**1. Choose one mindful moment per week and stick to it.** This can be kept very simple. Wake up ten minutes early to stretch or meditate, incorporate a ten-minute walk into your day, or commit to taking five mindful, focused breaths before leaving the classroom at the end of the day.

For younger students, discuss having a classroom mindful moment together and what available options might be. Do students want to take two minutes at the start of each day to feel their feet on the floor and get in touch with their bodies? Do they want five minutes of quiet, mindful coloring before lunch? Choose something that everyone agrees on and do it every day for the week, together.

For older students, discuss how they can practice an individual mindful moment for the week. For example, each day have them write about what they are grateful for or practice saying affirmations before bed at night. Whatever you and your students choose, focusing on one task per week helps to weave mindfulness into the daily routine. This will build grit by showing how small steps help us to persevere.

**2. Make a mindful spiral.** When you notice your thoughts racing or your breath shortening, grab a pen and paper and draw out the spiral. Jot down what is making you anxious. Flip the paper over and make another spiral. Jot down some positives, such as what you're looking forward to for the weekend or things you're grateful for. It can even be as simple as writing out what you see in the room to stay grounded.

**3. Practice affirmations.** Choose phrases that will help with perseverance. For example:

- I only have to do one thing at a time.
- I can focus on this moment.
- I will try again tomorrow.
- The work I did today matters.
- I give myself credit for the progress I have made.

Write your positive affirmations on a sticky note and put it on your mirror, your computer, or anywhere else you may need a reminder to persist.