

CHAPTER



Superpower #6:

WORKING HARD Even When Something Is Difficult

Length of Lessons

Activity 1	5 minutes
Activity 2	10 to 30 minutes
Activity 3	5 to 15 minutes

Learning Objectives

- Students will be introduced to the character strength of "WORKING HARD Even When Something Is Difficult."
- Students will be able to identify an example of "WORKING HARD Even When Something Is Difficult" that occurred in the *Jimmy & Invo's Superpowers* story.
- Students will be able to identify examples of "WORKING HARD Even When Something Is Difficult" that has occurred in their own lives (at SCHOOL and at HOME).

Materials Needed

- Downloadable Slides provided for "Chapter 9: WORKING HARD Even When Something Is Difficult"

Information for Counselors/Teachers/Parents

If you think about a student easily giving up whenever schoolwork gets difficult, or an adult who quits their job the minute it gets a little challenging, you quickly understand the importance of this character strength. The Superpower of "WORKING HARD Even When Something Is Difficult" has been studied using a variety of overlapping concepts that include "perseverance," "conscientiousness," "industriousness," "growth mindset," "grit," "resilience," and "self-efficacy." Children and adults who learn to exert effort even when things get challenging often benefit from good life outcomes. These positive outcomes include increased life satisfaction, healthy social relationships, better academic achievement, better job performance, better physical health, and increased longevity.

Activities

Activity 1: "WORKING HARD Even When Something Is Difficult" in the *Jimmy & Invo's Superpowers story*

Instructions: Use the definition and question below to facilitate a discussion about the Superpower of "WORKING HARD Even When Something Is Difficult" that happened in the *Jimmy & Invo's Superpowers story*.

Lesson / Discussion

1. **Definition:** "WORKING HARD Even When Something Is Difficult" = Being able to put in effort even in situations that are challenging.

NOTE: People who work hard and do not give up, even when things get tough, have an easier time learning new things and working toward things they want.

Q: *What schoolwork did Jimmy & Invo work hard on, even though it was tough and frustrating?*

A: Jimmy & Invo worked hard on their reading schoolwork, even when it was hard.

Activity 2: "WORKING HARD Even When Something Is Difficult" in your own life

Instructions: Use the questions below to facilitate a discussion with students about examples of "WORKING HARD Even When Something Is Difficult" that has occurred in their own lives at SCHOOL or at HOME.

Lesson / Discussion

1. I am going to read you some examples of people "WORKING HARD Even When Something Is Difficult." After I read each example, raise your hand if you have ever worked hard in these ways.
 - a. Raise your hand if you have ever WORKED HARD...learning how to ride a bike.
 - b. Raise your hand if you have ever WORKED HARD...learning how to catch a ball.
 - c. Raise your hand if you have ever WORKED HARD...learning how to shoot a basketball.
 - d. Raise your hand if you have ever WORKED HARD...learning how to read.
 - e. Raise your hand if you have ever WORKED HARD...learning how to solve math problems.
 - f. Raise your hand if you have ever WORKED HARD...learning how to balance cups on your head.

BONUS ACTIVITY: Have students try to balance a cup on their head while walking across the room!

2. Can you think of other things you have worked hard at, even when it was difficult or frustrating?