

Grit and Goals	Classroom Activities	Extension
Lesson 1 * What is Grit? * How Gritty are you?	1. Duckworth TedTalk: <a href="https://www.youtube.com/watch?v=wpfWsjMji_g">https://www.youtube.com/watch?v=wpfWsjMji_g</a> Grit Pie Prezi: <a href="https://prezi.com/x6coghe3zlit/grit-pie/#">https://prezi.com/x6coghe3zlit/grit-pie/#</a>  2. Form 1: Video  3. Form 2: Grit Scale	1. What is Grit? Cooperatively create a poster with your definition. Include illustrations.
Lesson 2 * Grit in Real Life * Bruno Mars Doesn't Give Up!	1. The Sole of Perseverance: <a href="https://www.youtube.com/watch?v=88jTVqh1lo8">https://www.youtube.com/watch?v=88jTVqh1lo8</a>  2. Bruno Mars Don't Give up: <a href="https://www.youtube.com/watch?v=pWp6kkz-pnQ&amp;feature=g-vrec&amp;context=G22d06a5RVAAAAAAAAA">https://www.youtube.com/watch?v=pWp6kkz-pnQ&amp;feature=g-vrec&amp;context=G22d06a5RVAAAAAAAAA</a>	1. Cooperatively write a verse to the Bruno Mars song and perform. (Form 3)
Lesson 3 * Self-Control	1. Self- Control Strategies : Prezi <a href="https://prezi.com/3hm2lg2qlsio/grit-and-self-control/">https://prezi.com/3hm2lg2qlsio/grit-and-self-control/</a>  * Includes Marshmallow Test/ Me Want it/ and Self-Control Strategies	1. Use a 5x7 note card to illustrate a self-control strategy.
Lesson 4 * What are SMART goals?	1. Smart Goals: <a href="https://prezi.com/rgevvxgm1ayq/copy-of-smart-goals/">https://prezi.com/rgevvxgm1ayq/copy-of-smart-goals/</a>	1. Form 4: Make a SMART Goal
Lesson 5 * Navy Seal: Make a Difference	1. Navy Seal 2014 Commencement: <a href="https://www.youtube.com/watch?v=pxBQLFLei70">https://www.youtube.com/watch?v=pxBQLFLei70</a> 2. Form 5: If you Want to Change the World	1. Discussion: What stands out in your minds from the speech?

## Video: Form 1

Topic	In the video _____ [title] _____ [the speaker]
	Choose one: informs/educates/enlightens/
	[topic]
Beginning	<ol style="list-style-type: none"> <li>1. He/she begins his/her talk by stating/asking/showing....</li>   <li>2. [Explain why this is important]</li> </ol>
Middle	<ol style="list-style-type: none"> <li>1. He then moves on to tell....</li>   <li>2. Examples</li> </ol>
End	<ul style="list-style-type: none"> <li>• His/her ultimate point is that</li>   <li>• He/she wraps up by emphasizing that</li>   <li>• After showing how _____ is important, he/she concludes by stating</li> </ul> <p>Quote:</p>

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## 12- Item Grit Scale: Form 2

*Directions for taking the Grit Scale: Please respond to the following 12 items. Be honest – there are no right or wrong answers!*

1. I have overcome setbacks to conquer an important challenge.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

2. New ideas and projects sometimes distract me from previous ones.\*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

3. My interests change from year to year.\*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

4. Setbacks don't discourage me.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

5. I have been obsessed with a certain idea or project for a short time but later lost interest.\*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

6. I am a hard worker.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

7. I often set a goal but later choose to pursue a different one.\*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

8. I have difficulty maintaining my focus on projects that take more than a few months to complete.\*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

9. I finish whatever I begin.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

10. I have achieved a goal that took years of work.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

11. I become interested in new pursuits every few months.\*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

12. I am diligent.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

Scoring:

1. For questions 1, 4, 6, 9, 10 and 12 assign the following points:

5 = Very much like me

4 = Mostly like me

3 = Somewhat like me

2 = Not much like me

1 = Not like me at all

2. For questions 2, 3, 5, 7, 8 and 11 assign the following points:

1 = Very much like me

2 = Mostly like me

3 = Somewhat like me

4 = Not much like me

5 = Not like me at all

1	2	3	4	5	6	7	8	9	10	11	12	Total

Add up all the points and divide by 12. The maximum score on this scale is 5 (extremely gritty), and the lowest score on this scale is 1 (not at all gritty).

Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals. *Journal of Personality and Social Psychology*, 9, 1087-1101

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**Don't Give Up: Bruno Mars: Form 3**

**When you want to do something that's new  
And it seems really, really hard to do  
You feel like quitting, you feel you're through  
Well I have some advice for you**

**Don't give up  
Keep on trying  
You're gonna make it  
I ain't lying  
Don't give up, don't ever quit  
Try and try and you can do it  
Don't give up, yeah**

**Source: <http://www.directlyrics.com/bruno-mars-dont-give-up-lyrics.html>**

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SMART Goals: Form 4

Specific – WHO? WHAT?

Measurement/Assessment – HOW?

Attainable/Achieve – REASONABLE?

Relevant – RESULTS?

Timed – WHEN?

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## **If You Want to Change the World: Admiral McRaven (Form 5)**

- 1. Make your bed.**
  - 2. Find someone to help you paddle.**
  - 3. Measure a person by the size of their heart, not the size of their flippers.**
  - 4. Get over being a sugar cookie, and keep moving forward.**
  - 5. Don't be afraid of the circuses.**
  - 6. Sometimes you have to slide down the obstacles head-first.**
  - 7. Don't back down from the sharks.**
  - 8. You must be your very best in the darkest moments.**
  - 9. Start signing when you are up to your neck in mud.**
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- 10. Don't Ever Ring the bell.**
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