

Activity 1:

Materials needed:

1. Oak tag long enough to make a time line to attach to a student's desk (for middle school or high school students it could be a size that fits into their agenda book).
2. The song, "Perseverance" from the recording, *Bebop Your Best*.

Play the song "Perseverance" and discuss why it is important to keep trying. Have students think about things that they already know how to do. How long did it take for them to learn? What did they have to do to learn how to do it? What would they like to learn to do now?

Give each student oak tag for a time line. At one end they write or draw what they can do now and at the other end write or draw what they would like to master. Have the students tape it to their desks. Each time they practice (or try again) they can mark it on the time line with dots, stars, etc. When what they are trying to accomplish is mastered then they can put a star on their time line. It is important to note to the students that not everyone will master their activity at the same time. The important part is that everyone keeps trying.

Some suggestions for activities to master (the range on the list is from pre-K to high school):

Reading: from a picture book to a chapter book

Hand writing: from printing to cursive

Riding a Bike: from a tricycle to a bicycle without training wheels

Swimming: from water wing floatation to swimming in the deep end

Karate: from one color belt to the next color belt

Dance: from beginner to advanced or from ballet slippers to Pointe shoes

Baseball: from t-ball to hitting the ball that is tossed from a pitcher

Basketball: from shooting inside the "paint" to shooting a 3 pointer

Driving: permit to license

Running: from a short distance to a long distance

Art: from stick figures to portraits

Chorus: from group to solo

Theater: auditions to opening night

Piano: first lesson to recital

Keyboard: Hunt and peck to 60 words a minute

Sewing: from hemming a pair of pants to sewing a pair of pants

Knitting: from a scarf to a sweater

Activity 2:

Materials needed:

1. Something to measure time and distance like a watch, pedometer or stop watch).
2. The song, "Perseverance" from the recording, *Bebop Your Best*.
3. The song, "The ABC's of You" from the recording, *Down the Do Re Mi*.

Here are 3 suggestions that could be used to persevere together as a class

1. Have a timed relay in your class that can be repeated each week so the students can work towards improvements. The relays can be an egg on a spoon or group relays where partners work together (ex. tying one foot from partner A to one foot from partner B and have them run together to the finish line).
2. On the recording **Down the Do Re Mi** is the song, *The ABC's of You*. On that song Red sings it through then he repeats it singing the song faster. Children love to learn the song and then time themselves to see how fast they can sing all the words to the song.
3. As a class, go outside for a 10 minute walk. It can be around the school, around the playground, around the gym, etc.) How far did you get in 10 minutes? Next time go outside and try to go further in the same amount of time. Keep track of the distance each time you go out and then chart it back in your classroom. Students and teachers can encourage each other every time you go out and try to better the distance. It is important that before you begin this activity you explain that there can be no complaining during the walk. You could even set up a rule that complaining would mean that some distance would be subtracted! Trying to sing the whole song, 'Perseverance', while doing the walk (without mistakes) could also make for a new goal on the walk!