

Children's Mental Health Week: 1 - 7th February 2021

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FRIDAY 5th FEBRUARY - PERSEVERANCE

In St Mark's, we chose 'Perseverance' as our fifth and final Value as we think it is important for children to learn not to give up if they come across any obstacles but find a way round them or a solution.

The dictionary definition of perseverance means to continue or repeat behaviour even if the going gets tough. We often have to persevere to learn a new skill or understand something. This is a good character trait to develop in childhood as it can be a lifelong skill. Children who learn to persevere become more confident in their own abilities to problem solve when they reach barriers in their life. It is important for children to see their family adults have a go at things and not always succeed first time, this modelling can help children understand everyone sometimes needs to work at things to succeed.

ACTIVITY:

To help children learn about persevering it is essential when setting an activity that the challenge is pitched correctly for individual children so the chances of them completing the activity with effort will be reasonably secure.

For this activity families can play 'Build a Beetle.' The rules and templates for beetles are at the bottom of this page to print or copy. At first the game feels easy, but perseverance is needed to get the final parts of the beetle to complete the game. Lots of fun will be had but no-one is allowed to give up until the game is finished and everyone has built their beetle, so the dice will need to be rolled time and time again in some instances! You can decorate your beetle pictures as creatively as possible.

Send your creative artwork into the Let Your Light Shine email address to be shared on the school website; LYLS@stmarks.bwmat.org

WHY WILL THIS ACTIVITY HELP SUPPORT CHILDREN'S MENTAL HEALTH?

Although this activity is a game, it also shows children that when they have to work at a new skill or task it can give them a greater sense of pride and achievement when they have achieved their goals. This will lead to greater confidence in trying something new the next time around. Children that have an open mindset towards 'having a go' at things and 'sticking it out' tend to have positive mental health as they understand they may not get it correct first time around but have the resilience to keep persevering.

It is important for children to learn that not everything in life comes easily and hard work can pay off. There is a sense of self-regulation when children understand they are working towards long term goals. New challenges mean children have to step outside their comfort zone leading to wider life experiences and enriched childhoods.

Build a Beetle Game.

Each family must have a beetle picture each or some paper, some pencils to draw their beetles and a dice. The goal of the game is to be the first player to complete his/her beetle.

(There is a beetle template at the bottom of this page. If you do not have a dice at home, you can make one using the dice template.)

How to play the game:

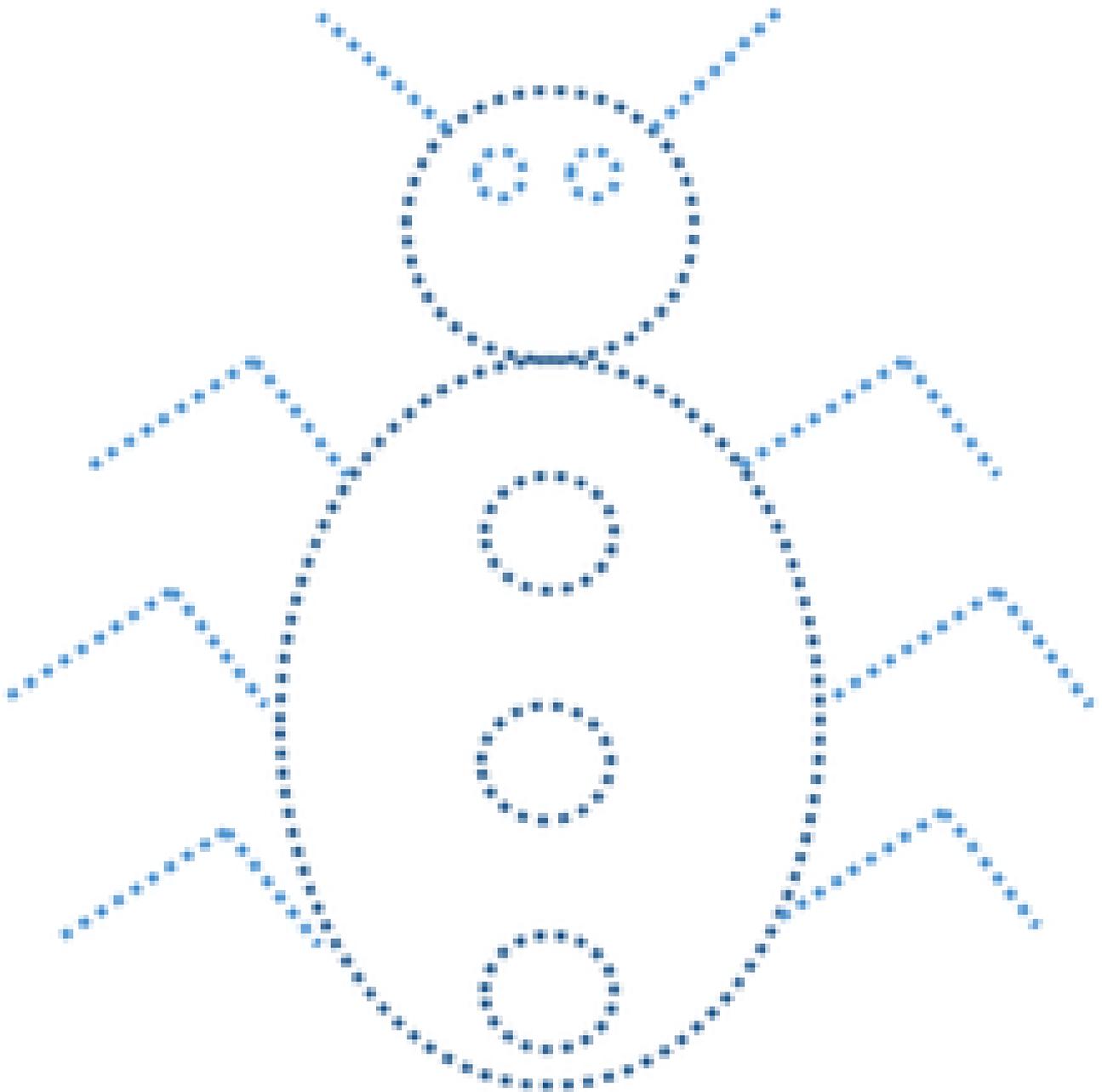
1. Each person in the group must roll the dice to see who gets the highest number to go first. If more than one person rolls a number 6, these players must roll again.
2. The players take turns in rolling the dice. Whatever number the dice lands on - the player can draw on the corresponding beetle body part. If the player already has that particular body part, they pass the dice to the next player and miss their turn.
3. You can collect the body parts in any order.
4. Once a beetle is complete the player has finished the game, but they must still encourage others to also finish. This may take lots of rolls of the dice and perseverance for everyone to finish! Lots of encouragement will be needed from all players.
5. When the game has finished - the beetles can be decorated with crayons, paints, art materials. Remember to send a picture of your finished family beetles into school for the Let Your Light Shine section on the website.

Beetle body parts to be collected:

Dice number	How many of these parts is needed?	Beetle part
1	1	A body
2	1	A head
3	2	An antenna
4	2	An eye
5	1	A nose
6	6	A leg

Beetle template.

You can either draw your parts to your own beetle as you win the body parts or start with a beetle picture such as this one (you will need to add a nose!) and then colour over body parts as you collect them.



How to make a paper dice:

Print out or copy this template. Cut it out and then fold the shape into a cube. Use the flaps to tuck inside the shape. Hold it together with Sellotape or glue.

