



by Big Life Journal

- 1 HELP YOUR CHILD FIND PURPOSE**

Discuss their goals and purpose in life. Then, talk about the steps that would be required in order for your child to reach their goal. Encourage them to create a dream board to help visualize their purpose and goals.
- 2 ENCOURAGE TO CONDUCT "GRIT INTERVIEWS"**

Encourage your child to interview grandparents, neighbors, or other acquaintances who have worked hard toward a long-term goal.
- 3 SHARE STORIES OF GRITTY FAMOUS PEOPLE**

Encourage your child to study famous people (and their failures) like Michael Jordan or J.K. Rowling. These examples will show your child that perseverance through failure can lead to great success.
- 4 TEACH ABOUT GRIT THROUGH NATURE**

Read together the Tupac Shakur poem "The Rose That Grew from Concrete." Then discuss what represents the "concrete" in their life. What are their obstacles? Next, discuss how your child can "break through concrete" like the rose. What can they do to overcome obstacles and reach their dreams?
- 5 TEACH ABOUT GRIT THROUGH LITERATURE**

Read classic stories of perseverance like "The Little Engine That Could" or Dr. Seuss's "Oh, The Places You'll Go." Help your child form connections to their own life. Talk about their challenges, response to failures, and how to live with grit.
- 6 ASK, "WHAT'S THE HARD PART?"**

When your child feels discouraged or tempted to give up, try asking them, "What's the hard part?" After the two of you have identified the challenge, ask your child what they could do to fix or overcome "the hard part."
- 7 FOLLOW THE "HARD THING RULE"**

The rule has three parts: 1) Each member of the family has to do something hard. 2) You must finish what you start. 3) No one gets to pick the "hard thing" for anyone else, so your child gets to choose his own challenge.
- 8 TRY THE "GRIT PIE" EXERCISE**

The pie represents an obstacle your child is facing. Each slice of pie symbolizes a cause of the problem. For each slice, analyze whether their thoughts about the problem are permanent or temporary and whether they blame themselves or others.
- 9 SHARE YOUR PASSIONS**

Show your child your excitement about activities outside of working and parenting, and devote time to developing these passions.

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Early Intervention Family Worker Tips and Ideas

School Transitions

Transitions is a big part of children's lives, below I have listed a few website suggestions for both yourself as parents/guardians and your child to go through.

Five key elements of a positive transition

Research by students at Oxford University found that there were five key elements - in the eyes of a child - which constitute a positive transition:

1. They are able to **develop** new friendships, and **improve** their self-esteem and confidence
2. They **settle in** to school life in a way that causes no concerns to their parents
3. They show an **increased interest** in school and school work
4. They get used to their **new routines** and school organisation with great ease
5. They experience curriculum **continuity**.

These may sound pretty basic, but there isn't a simple, 'one size fits all' way to transition into a new environment. Every child is different: academically, emotionally and socially.

To read more from this article please see below:

<https://www.tinies.com/our-favourites/transition-from-primary-to-secondary-school.html>

BBC Bitesize has put together three really useful pages. One about starting Primary and one about Primary to secondary.

They have also put together a page for teachers. I would also take a look as parents and see if this would also be good for you to use with your children as well.

<https://www.bbc.co.uk/bitesize/collections/starting-primary-school/1>

<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/startin-g-secondary-school/1>

<https://www.bbc.co.uk/teach/teacher-resources-for-students-transitioning-to-secondary-school/zb68y9q>

For more support, please don't hesitate to contact me.

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