

THE SKY'S THE LIMIT

DON'T GIVE UP



BLUE OWL
BOOKS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. Strong lessons and support in SEL will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will be better equipped to build confidence and foster positive peer networks.

BEFORE READING

Talk to the reader about not giving up. Explain that everyone faces challenges.

Discuss: What is hard for you? What do you do when you want to give up? How do you feel when you persevere?

AFTER READING

Talk to the reader about the importance of perseverance and resilience.

Discuss: What would you like to learn or achieve? How can you get there? What can you do to help yourself be resilient in the face of challenges? Who could help you when you feel you need help?

SEL GOAL

Some children may have a fixed mindset. They may not understand that they can develop skills, talents, and abilities by working hard. They may feel that they will never get better at certain tasks or abilities. Help readers develop a growth mindset. Reflect on things that they had a hard time doing at first but can do now. Create a list of things that they would like to work hard on and do in the future.

TABLE OF CONTENTS

CHAPTER 1

Work Hard..... 4

CHAPTER 2

Face Challenges..... 8

CHAPTER 3

Build Strength..... 16

GOALS AND TOOLS

Grow with Goals..... 22

Writing Reflection..... 22

Glossary..... 23

To Learn More..... 23

Index..... 24

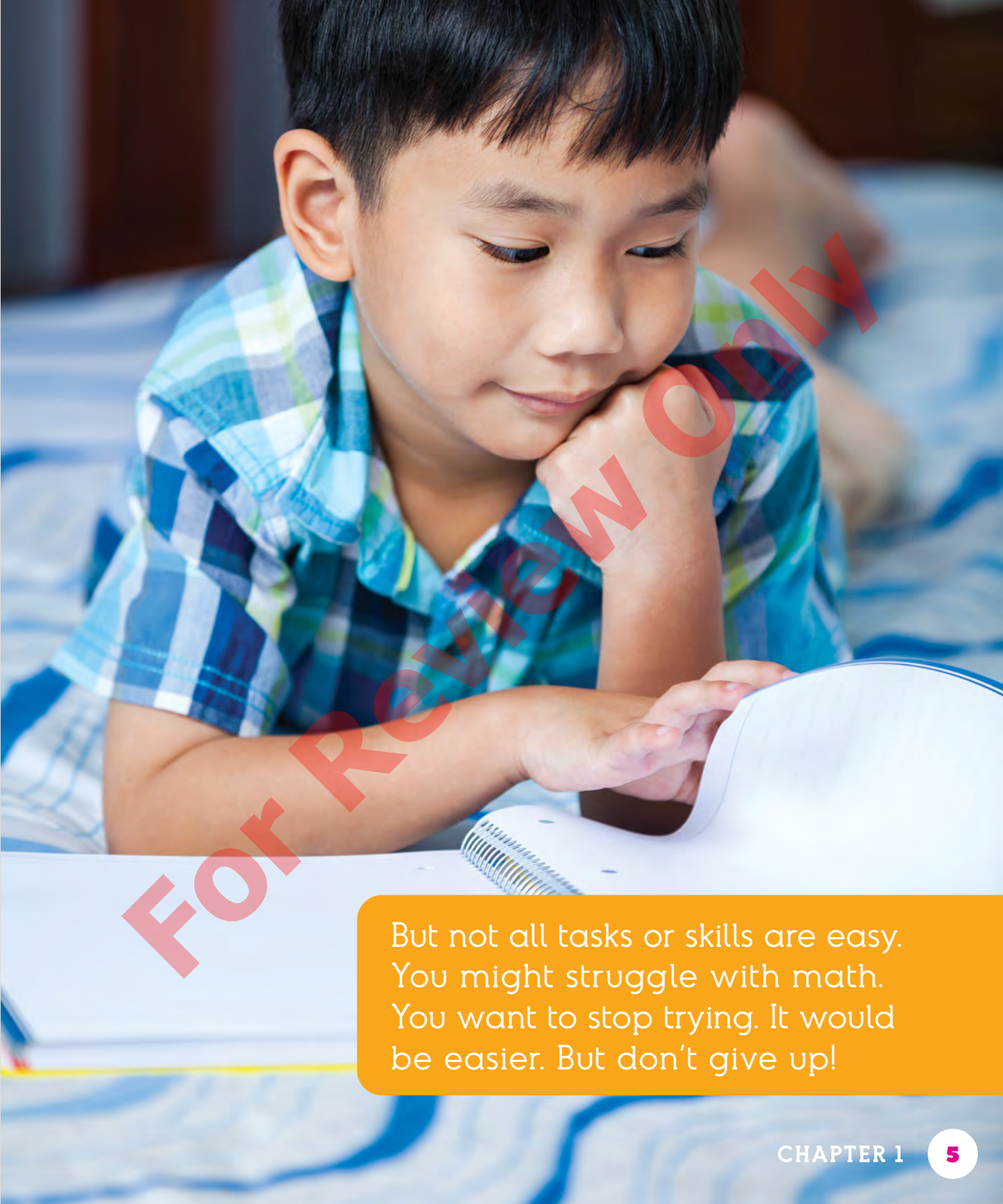


CHAPTER 1

WORK HARD

Everyone has talents. Maybe you are good at soccer. Or maybe reading comes easily to you.





But not all tasks or skills are easy. You might struggle with math. You want to stop trying. It would be easier. But don't give up!



Trying hard is a big part of learning and growing. It is important for you to be the best you can be! You are an important part of your community. You can make a big difference in the world!

STRONG BRAINS

Every time you work hard at something, your mind gets stronger! **Neurons** in your brain form stronger connections. You get smarter!



CHAPTER 2

FACE CHALLENGES

Not giving up requires work. Sometimes this means being **patient**. Maybe the fish aren't biting. You ask to quit. But you and your grandpa stay. You finally catch one! It was a fun day.





Patience helps you do long projects, too. Maybe you're doing a puzzle. It's hard to find pieces that fit together. But you keep looking and finish it. It is **rewarding!**

GOALS AND TOOLS

GROW WITH GOALS

Not giving up can be hard! But it gets easier with practice, reflection, and help from our networks.

Goal: Reflect on your strengths. What are you already good at? What makes you feel confident? Were you always good at those things? How have you improved those skills with hard work?



Goal: Identify your goals. What is one thing that you want that you'll need to work hard to achieve? Write it down! Create a collage that helps inspire you to meet your goal.

Goal: Find a role model! Do you know of someone who doesn't give up? Or you can do research to find someone from history who didn't give up. Use that person as a role model when you're thinking of giving up.

WRITING REFLECTION

Feeling good about yourself helps you not give up! Reflecting on good qualities helps us remember that we can be successful and resilient.

1. What are your favorite things about yourself?
2. What have you done recently that made you proud of yourself?
3. Write about a time when you didn't give up or were successful despite hardship.



GLOSSARY

confident

Having a strong belief in your own abilities.

encourage

To give someone confidence, usually by using praise and support.

focus

To concentrate on something.

goals

Things that you aim to do.

grit

Passion for and perseverance toward very long-term goals.

habit

An activity or behavior that you do regularly, often without thinking about it.

mindful

A mentality achieved by focusing on the present moment and calmly recognizing and accepting your feelings, thoughts, and sensations.

mindset

Mental attitude.

network

An interconnected group of people.

neurons

Cells that carry information between the brain and other parts of the body.

patient

Able to put up with problems or delays without getting angry or upset.

persevering

Continuing to do or try something, even if you have difficulties.

reflect

To think carefully or seriously about something.

resilient

Tending to recover easily from misfortune or change.

rewarding

Offering or bringing satisfaction.

setback

A problem that delays you or keeps you from making progress.

TO LEARN MORE



Finding more information is as easy as 1, 2, 3.

1. Go to www.factsurfer.com
2. Enter "don'tgiveup" into the search box.
3. Choose your cover to see a list of websites.