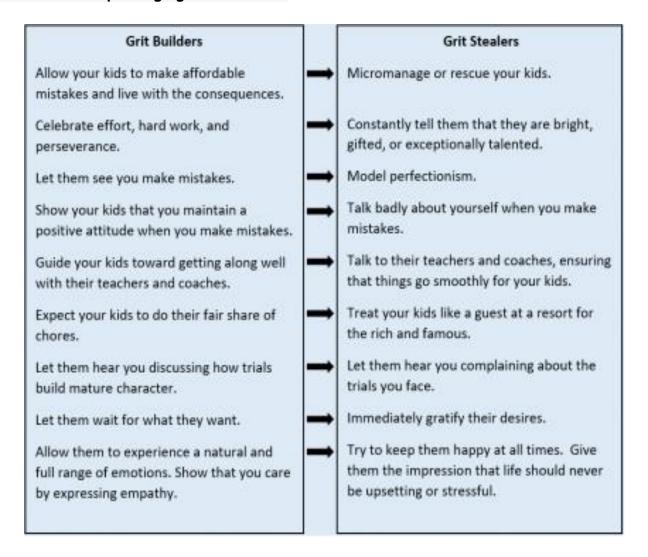
## Teaching "GRIT" to Our Kids!!!

∅ "Love and Logic" to the Rescue ∅

Dear Eastside Families,

Perseverance is the key to building grit. There is no doubt that kids who develop grit will lead happier, healthier, and more productive lives than those who don't. Listed below are a few "grit builders" with corresponding "grit stealers."



Teaching GRIT and perseverance to our kids isn't complicated. However, it does require a willingness to allow our kids to experience healthy challenges as they grow. It also requires that we allow them to make mistakes (and even fail sometimes), take responsibility/ownership for solving and fixing their problems/mistakes, as well as let them see that they do, in fact, have what it takes— to cope with life's challenges.

Thanks for Reading @

Steve Rubin ("Mr. Steve")

Eastside School Counselor

sarubin@sunprairieschools.org