

I Keep TRYING

by Rose Arditì





SET THEME:

I Can Manage Myself and Set Goals

Build Social and Emotional Intelligence

To help children learn what it means to keep trying, encourage them to:

- Think about how it feels to try something new.
- Break tasks into smaller steps to help them achieve a new goal.
- Try different coping techniques to help them feel calm when they're sad or upset.
- Do something more than once to achieve a goal.

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How to Read This Book with Children

- 1** Read aloud the title. Ask children what it means to “try.” Explain what it means to “keep trying.”
- 2** Read aloud the book with children.
- 3** Talk about ways children can manage their feelings when they try something and don’t succeed.
- 4** Ask children to describe how they feel after they try something more than once.
- 5** After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- 6** Guide children to connect the text to their own experiences.



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It's fun to try new things,

but sometimes it can be hard.



You might have to try doing it more than once.
Like doing cartwheels or . . .



. . . flying a kite. Sometimes, it can be scary trying new things. You might think that you can't do it.



But you should try. Look! I'm trying to fly a kite. But the kite falls to the ground.



So me and my friends try again. But the kite still won't fly. We feel frustrated.



We decide to take a break to calm down. We breathe in slowly. Like we're smelling a flower.

