

# Planet Grit



Concept  
**Self-Management  
Skills**



Length  
**15-20 Minutes**

## Inquiry Prompts

- What does grit look like?
- Is grit something you're born with or something you can learn?
- How do you react when something gets hard or when you're frustrated?
- How do you encourage yourself when you want to give up on your goals?
- Think of someone who showed grit. What things say they say or do?

## Instructions

In this activity, students list characteristics required to show grit, examples of gritty behaviors and attitudes, as well as examples of behaviors and attitudes that do not reflect grit. Using this information, they give themselves a gritty score of 1 to 10.

- 1 Hand out [Planet Grit graphic organizers](#) to students in groups.
- 2 Ask students to discuss, in their groups, what a gritty attitude looks and sounds like, the characteristics or qualities someone needs in order to show grit, and examples of a non-gritty attitude. Have them record their thoughts using the graphic organizer, leaving the score until later.
- 3 As a class, discuss some of the answers that students came up with, filling in some other examples where necessary.
- 4 Finally, ask students to take a minute to give themselves a gritty score between 1 (not very gritty) and 10 (super gritty) based on the examples and definitions they've collected.

**Message for students:** There's always some room for improvement when it comes to getting gritty. You don't have to be the smartest, or the fastest, or the most talented to achieve your goals. Just think of all the people from the Who is...? game. They got to where they are by not giving up.

## Materials Required

- [Planet Grit graphic organizers](#)
- Pencils, colored pencils, or markers
- Computers (tablets, phones) with Internet access (if you want to upload student artifacts)

## Artifacts

Upload students' graphic organizer to **Storyboard**, where they can reflect on why they chose the gritty score they did.

# Planet Grit Graphic Organizer

Name: \_\_\_\_\_

Date: \_\_\_\_\_

★ Grit is the ability to overcome challenges and setbacks and keep working toward a goal. ★

What does grit look and sound like? What characteristics, like courage, do you need to be gritty?

Grit does NOT look or sound like...

My Grit Score

1

2

3

4

5

6

7

8

9

10

Not very  
gritty

Super  
gritty