

# Get Gritty



Concept  
**Self-Management Skills**



Length  
**15-65 Minutes**



Recommended  
**4th Grade**

## About This Lesson

In this lesson, students learn about the link between grit and success through the characteristics of historical figures who demonstrated perseverance and passion in achieving their goals. Students then define what it means to be gritty, evaluate their own gritty behaviors, and tell the story of a time they demonstrated a gritty attitude to achieve their own goals.

## Lesson Objectives

By the end of this activity, students will

- Define the concept of grit;
- Identify examples of grit;
- Link a gritty attitude to perseverance and the achievement of their goals.

## Driving Question

Why is grit important?

## Future-Ready Skills

- Assessing
- Creativity
- Perseverance
- Critical Thinking
- Problem Solving
- Work Ethic
- Goal Setting

## Lesson Breakdown

10-15  
minutes

### [Activity 1 - Who Is...?](#)

The purpose of this activity is to tap into what students already know about historical figures who have demonstrated perseverance and grit in achieving their goals.

15-20  
minutes

### [Activity 2 - Planet Grit](#)

In this activity, students list characteristics and examples of grit, and rate themselves on their own grittiness.

15-25  
minutes

### [Activity 3 - My Gritty Story](#)

In this activity, students create a comic to tell the story of a time they feel they showed grit.

5-10  
minutes

### [Exit Activity - Get Gritty Exit Slip](#)

Students complete an exit ticket indicating their reaction to what they learned about being gritty and achieving their goals.

## Xello Entry Point

The **My Goals** section of Xello lets students set and track personal, school, and even future job goals. Before they do that, you can use this lesson to make sure they understand the role of grit in achieving their goals.

## Lesson Vocabulary

- Grit
- Perseverance
- Passion
- Goal
- Characteristics
- Comic
- Storyboard
- Inspire

## ASCA Standards

M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes

B-LS 7. Identify long- and short-term academic, career and social/ emotional goals

B-SMS 4. Demonstrate ability to delay immediate gratification for long-term rewards

B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals

B-SMS 6. Demonstrate ability to overcome barriers to learning

# Who Is...?



Concept  
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Skills**



Length  
**10-15 Minutes**

## Inquiry Prompts

- What do you think would happen if any of the people in the game had given up on their goal?
- What did you learn from these people's experiences?
- What is grit?
- Why is grit important?

## Instructions

The purpose of this activity is to tap into what students already know about historical figures who have demonstrated perseverance and grit in achieving their goals. (You can create your own clues using figures from any field of study, like art, math, science, etc. That way, you can introduce this lesson in any subject.).

- 1 Tell students you're going to play a game called Who is...? Explain that the object of the game is to guess who the person is based on a series of clues you give them.
- 2 Sort students into groups and give each group a set of ["people" cards](#). Keep the clues for yourself.
- 3 Read [the clues](#) and have groups select the matching "people" answer card from their set. Award a point for every correct guess.
- 4 Explain to students that all of these people have showed grit in their lives and/or careers.

**Message for students:** Grit as the ability to overcome challenges and setbacks to reach a goal. It's equal parts perseverance, passion, and purpose. Can you think of anyone else—famous or not famous—who has shown grit in achieving their goals?

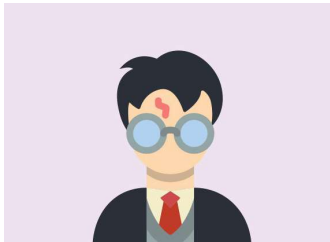
## Materials Required

- [Who Is...? game cards](#)
- [Who Is...? clues and answers](#)

## Artifacts

Nothing for this activity.

# Who Is...? Game Cards



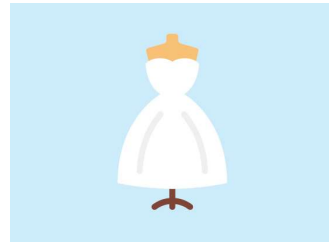
**J.K. Rowling**

A best-selling author.



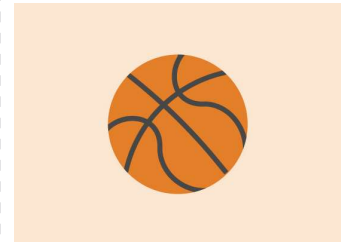
**Willard Wigan**

An award-winning artist.



**Vera Wang**

A top wedding dress designer.



**Michael Jordan**

A basketball star.



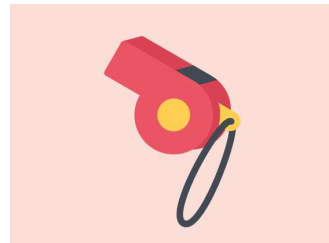
**Maria Qamar**

A writer and cartoonist.



**Thomas Edison**

An inventor.



**Glen Mills**

A running coach.



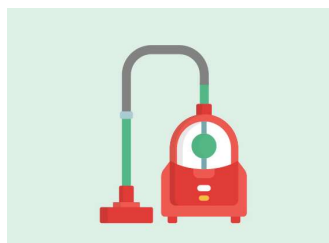
**Winnie Harlow**

A top model.



**Bethany Hamilton**

A celebrity surfer.



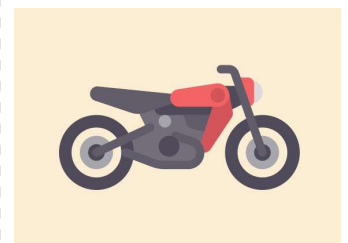
**James Dyson**

A product innovator.



**Bette Nesmith  
Graham**

An inventor.



**Soichiro Honda**

A car company leader.

## Who Is...? - Game Clues



**Obstacle:** It took more than 5 years for this person to finish their book, only to have it rejected by more than 10 publishers!

**Goal Achieved:** This person persevered until their 12th try when a small publisher finally decided to publish a young adult book about a boy wizard.

Answer: J.K Rowling

**Obstacle:** This person was shamed by a teacher for not being able to read and was made to believe they would amount to 'nothing'.

**Goal Achieved:** At 5 years old, this person started making miniature works of art. It took 30 years to get noticed, but they went on to make millions of dollars and win national awards for their unique artworks.

Answer: Willard Wigan

**Obstacle:** This competitive figure skater got to try out for the Olympic team but didn't make the cut.

**Goal Achieved:** This person took the discipline and creativity of figure skating and used it to inspire their designs in their new career in fashion.

Answer: Vera Wang

**Obstacle:** This person failed to make their high school basketball team.

**Goal Achieved:** Despite early struggles, this person went on to play in the NBA and is considered one of the best professional basketball players.

Answer: Michael Jordan

**Obstacle:** As a child, not only was this person bullied by other kids because of the color of their skin, they also had to deal with strict family expectations.

**Goal Achieved:** This person expressed their troubles by drawing comics. As an adult, they persisted through difficult times to create a graphic novel about the experiences of South Asian girls and young women.

Answer: Maria Qamar

**Obstacle:** This person was harshly criticized by their teachers in school and they were fired from their first 2 jobs.

**Goal Achieved:** It took over 1,000 tries, but they invented the first lightbulb. And they went on to make many more important inventions, too.

Answer: Thomas Edison

# Who Is...? - Game Clues



**Obstacle:** This person loved to run but didn't have the speed to compete.

**Goal Achieved:** They took their passion for the sport and began to help other runners go for the gold. This person has coached runners who have won over 70 world championship medals, and counting!

Answer: Glen Mills

**Obstacle:** Born with a skin disease that causes white patches on their skin, this person was bullied as a child.

**Goal Achieved:** This person was chosen to appear on America's Next Top Model and proved that differences are beautiful.

Answer: Winnie Harlow

**Obstacle:** A terrifying encounter with a shark caused this young surfer to lose their left arm.

**Goal Achieved:** A month after their injury, this person was back up on a surfboard and was surfing professionally by the age of 17!

Answer: Bethany Hamilton

**Obstacle:** It took this person over 5,000 tries to create a bagless vacuum only to not be able to find anyone to produce it.

**Goal Achieved:** This person decided to start their own vacuum company which has become one of the top vacuum brands.

Answer: James Dyson

**Obstacle:** This administrative assistant was a bad typist and made so many mistakes they were in danger of losing their job.

**Goal Achieved:** To cover their mistakes, they invented a special white paint that made the typos seem to disappear. It worked so well they started a successful company selling their invention: Liquid Paper.

Answer: Bette Nesmith Graham

**Obstacle:** This person overcame early rejections to start their own car company only to lose it during World War II.

**Goal Achieved:** Starting over, this person saw the need to add motors to bicycles. Their low-cost motorcycles led them to build one of the top automobile companies in the world.

Answer: Soichiro Honda

# Planet Grit



Concept  
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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

# My Gritty Story



Concept  
**Self-Management  
Skills**



Length  
**15-25 Minutes**

## Inquiry Prompts

- Why was grit important to what happened in your story?
- When did you feel like giving up on something but persevered instead?
- Why is it important I persevere toward goals?
- What have you learned from your mistakes?

## Instructions

In this activity, students create a comic to tell the story of a time they feel they showed grit. You can adapt this activity for students who prefer to write a traditional story, or who want to turn their story into a play or movie. You can also ask students to tell the story of a time they saw someone else show grit if they have trouble coming up with their own examples.

- 1 Make sure students understand the conventions of a comic (e.g. speech and thought bubbles, etc.).
- 2 Give each student a [comic storyboard](#) and explain that they're going to draw and write the story of a time they showed grit.
- 3 Encourage students to plan out their story in pencil first before adding details and color.
- 4 Ask students to share their comics with the class, or create a display in your classroom.

**Message for students:** Use your gritty story (and the stories of the people from the Who Is...? game) to help inspire you to keep working towards your goals when things get tough.

## Materials Required

- [My Gritty Story comic storyboard](#)
- Pencils, colored pencils, or markers
- Computers (tablets, phones) with Internet access (if you want to upload student artifacts)

## Artifacts

Upload students' comics to **Storyboard**, where they can reflect on the details of the story. You can also create a classroom display to showcase students' work.



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**My Gritty Story:** \_\_\_\_\_



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

# Exit Slip: Get Gritty



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

Today's lesson about grit made me feel (circle one or more):



Happy



Sad



Bored



Shocked



Mind Blown



Love



Angry

because: \_\_\_\_\_

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

Today's lesson about grit made me feel (circle one or more):



Happy



Sad



Bored



Shocked



Mind Blown



Love



Angry

because: \_\_\_\_\_

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

Today's lesson about grit made me feel (circle one or more):



Happy



Sad



Bored



Shocked



Mind Blown



Love



Angry

because: \_\_\_\_\_