

Determination: Deciding it's worth it to finish what you started

Supplies Needed: Ability to play a video

Directions:

Play this video, which is a read aloud of the children's book *The Little Engine That Could*: <https://www.youtube.com/watch?v=JGOLbK7dVVI>

Discussion Questions:

- How does this book teach determination?
- What is the advantage of having a mantra or saying that helps you when you need a boost?

Reflection Questions:

Write your own, "I think I can" mantra. When might you use this? How could you post it or hang it somewhere to remind you to keep going when things get rough?

Alternately, you could have your child search for memes that offer determination encouragement and share via social media.