



KNOW IT

STEP ONE: Show The Big Idea Video

https://www.youtube.com/watch?v=SfjX9aGiTpA&list=PLVXqh1woV2T0aSNcA0-VdpGVMLC_ajt87&index=38

STEP TWO: Talk about the Big Idea

- What examples of determination did you see in the video?
- There are a lot of phrases in the song that could help motivate you when you are having trouble being determined. What are some of those phrases?
- What helped the girl keep going when it was tough?

STEP THREE: Write about the Big Idea

- There's a Chinese proverb that says: The man who removes the mountain begins by carrying away small stones. What do you think this means, and how does it relate to determination?

STEP FOUR: Activate the Big Idea in Your Life

SEL COMPETENCIES:

**GOAL SETTING, SELF-DISCIPLINE,
ORGANIZATIONAL SKILLS**

ACTIVITY: Write a goal to accomplish as a family between now and the end of the month. What will it take to stay determined and achieve the goal? Think of some strategies that you might use to keep going even when you want to quit.

WRAP UP: "Planning ahead for when times get tough is one way to help yourself have determination and endurance to finish strong."