

Character Education

All About Perseverance

Why Is It Important?

Life can be hard. Life can be messy. Some things might not go the way we plan. Some things might not go the way we want. If our children are prepared to handle these challenges in stride, they will be much more successful in life. Why is perseverance important for kids? Because teaching a child to persevere through challenges gives them the work ethic to be a responsible and resilient adult.

Quranic Corner:

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ
الصَّابِرِينَ

Transliteration: yāayyuhā alladhīna āmanū is'ta'inū
bil-ṣabri wal-ṣalati inna l-laha
ma'a l-ṣābirīna

Translation: "O you who believe! Seek help through
patient perseverance and prayer. Indeed, Allah is
with those who patiently persevere (2:153).

Model It!

Try new things and let your child see you struggle and yet keep going. Share age-appropriate stories of when you didn't reach your goal the first time but tried again, maybe even multiple times.

Talk about how you set small goals to help you reach a bigger goal and the importance of being resilient.

Praise It!

We tend to praise our children for being smart, but also remember to offer encouragement for completing goals, for not giving up, and for being determined. But telling a child he is smart is far less effective than rewarding him for hard work. In fact, rewarding intelligence instead of perseverance tends to restrict children and can encourage them to shy away from new challenges. For example, instead of saying, "Great grade on the science test. You are so smart," try "I noticed how you kept on studying for your science test even though the material was hard."

Talk About It!

Here are some points to help you talk about perseverance with your child:

- What do you think perseverance means and why is it important?
- Tell me about a time it was hard to get through a challenge. How did you feel after?
- What are some things that are hard for you to push through, and how can I help you?
- What are 3 goals you have? What may be some challenges to meeting these goals?
What will happen if you don't?