



family challenge

May 11, 2020

# Perseverance

*“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.”*

**- 1 Corinthians 9:24**

**I will set goals.**

**I will ignore distractions.**

**I will face problems head-on.**

**I will not give up.**

# Family Activities

## **Reach for the Stars**

*Items Needed - Paper Stars*

Give each child a paper star. Have them write on their star a dream or a goal that they hope to achieve, then decorate it (you can take this as far as you want). Explain that it takes perseverance to fulfill their dreams. Share examples of ways that you had to persevere in order to achieve things in life.

## **Sink or Swim**

*Items Needed - Clear Glass Bowl with Water, Modeling Clay (Not Play-Doh)*

Roll the modeling clay into four balls - three of them small and one a little larger. Drop each of the small balls into the water and watch them sink. Tell your children that each ball represents a person that feels discouraged or frustrated by life's difficulties. We all feel like that at times. Just like the clay balls, you may want to give up and sink into a state of depression. (You can give the clay balls names and talk about why each one might be feeling low. For example, Susie is struggling to finish her science project on time and wants to give up...)

Next, take the larger clay ball and start reshaping it to form the shape of a simple canoe. Talk about how this person is not going to give up when faced with a problem. They are choosing to have a positive attitude and show perseverance. Discuss how it's possible to work through the challenges and achieve your goal by "reshaping" your attitude. Put the "boat" in the water and watch it float. Now, take each of the small balls of clay and put them inside the "boat." Ask your children what can happen when a person has a positive attitude and decides to persevere. They not only achieve their goal, but are a positive role model for others.