

Dear Families:

We continue to build our social skill concepts on a weekly basis. Our next social skill is 'Trying When It's Hard'. On the back you will find the 'Trying When It's Hard' skill along with the steps the students learn regarding how to apply 'Trying When It's Hard'. Please reinforce these steps at home to help your child make the connection from home to school. Not every skill applies to each child; however, we teach them as a class so students can support one another in using the steps properly. If you have any questions please do not hesitate to ask.

Sincerely,
Ms. DeSoucey
Ms. Marks

Skill this Week



Skill 11: Trying When It's Hard

STEPS

1. Stop and think.

Discuss the feeling of frustration, and point out that lots of people get frustrated when something is difficult.



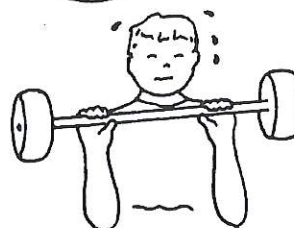
2. Say, "It's hard, but I'll try."

Talk about feeling proud when something is hard but you try it anyway. Also stress that it's OK to try and fail.



3. Try it.

Point out that a person might need to try more than once.



SUGGESTED SITUATIONS

School: Your teacher gives you an assignment that you don't think you can do.

Home: A parent wants you to do a chore that you don't think you can do (e.g., make the beds).

Peer group: A friend wants you to roller blade with him, but you think it's too hard.

COMMENTS

For the child who is afraid of failure, this will be a particularly valuable skill. Reinforce the idea that the only way to learn new things is to try those that are difficult. When assigning pre-academic or academic skills, be sure that tasks asked of the children are ones they are capable of completing with effort.

RELATED SKILL-SUPPORTING ACTIVITY

Read *The Little Engine That Could*, by Watty Piper (Platt and Munk, 1976), and discuss the feelings of each of the characters in the story. Also discuss what might have happened if the little engine didn't try. Substitute stories with similar themes, such as *The Little Red Ant and the Great Big Crumb: A Mexican Fable*, by Shirley Climo (Clarion, 1999).