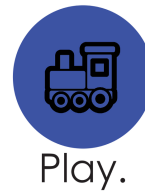
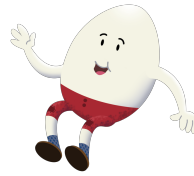


PLAY & LEARN: *HUMPTY DUMPTY* book



Life can be complicated. It doesn't always go as planned and sometimes things are harder than we expect them to be. We have a responsibility to the little people in our lives to teach them how to handle situations when they are difficult. Children need to learn how to persevere and in the spirit of succeeding always "try, try, again."

Perseverance is a life skill that we must teach. It is not a skill that can easily develop on its own. It is now more important than ever that we teach our young children how to deal with difficult situations and how to keep trying...even when it is hard. Teaching children to be patient and to persist are qualities that will lead to their future success.

Here are some simple ways that you can help your child develop perseverance.

- **Block Stacking.** As children explore cause and effect and develop hand-eye coordination during block play, they can also practice and strengthen their patience and grit. Simple block towers can be a great way to practice perseverance in a fun way. It can be an independent activity where children match a picture, follow a color pattern, or try to beat a timer. It can also be a social activity where competitors race to build block towers. Tools can be added to increase the excitement and the difficulty. Building a tower while blindfolded or using only tongs to move the blocks are fun challenges that develop patience and perseverance.
- **Set a Goal.** Learning how to set a goal and to meet that goal is a life skill that children will use over and over again. It is important that you model goal setting for your child. It can be as simple as drinking more water or trying to eat more fruit. Letting your child watch you work your way through the process is an excellent learning experience. It can also be a fun task to complete together. Weekly goals of reading a new book or trying a new food can be something that you can enjoy together while strengthening your child's ability to learn steady persistence.
- **Tee Ball.** Tee ball is another classic game for the family. The skills required for hitting a ball off the tee provide opportunities for children to practice persistence as they try to manage the hand-eye coordination needed for success. Once your child has mastered hitting the ball off the tee, you can pitch with a soft toss. Make your game more challenging by asking the batter to bat with their opposite hand or to bat with their eyes closed.



Together we will help your child learn and grow. SingPlayLove.com