



This thinksheet supports concepts taught in *Social Thinking Thinksheets for Tweens and Teens*

Persist Through Challenges

One of the things you can work on is helping yourself to persist and get through times that may be CHALLENGING, BORING, or FRUSTRATING. Sometimes the challenges can be small or quite large. This can be a difficult task for anyone and can affect us daily. List some activities or situations that could be negatively affected if we do not persist to get through them.

1.

2.

How would this make you feel in the end? How might others feel if you have a hard time persisting through challenges?

Let's take a look at how you (your brain) respond when you're presented with a challenge.

	How do your body and/or words react to this situation?	Is there an impact on others' thoughts and feelings? <i>(If so, how?)</i>
You're given a challenging writing assignment.		
Your parents need you to get off the computer.		
You have to work with someone you don't like very much.		
You have to go with your mom on an errand.		
You have to do 25 math problems for homework.		
Can you think of more situations?		

How will learning to persist through challenges help you?

How does learning to persist at learning relate to being a social thinker?

Persistence Pays Off

Persistence is the ability to work hard at something even when it does not feel good to do it right at that moment!!

In some situations, it's easy to persist. Name some of these:

Why is it easy to persist in these situations?

In some situations, it's really hard to persist. Name some of these:

Why is it hard to persist in these situations?

What can make it easier?