



THIS MONTH'S VALUE IS...

May 2019



Determination

- Determination means... not giving up when things get difficult
- Determination is simply not giving up. No matter how hard things get, or how badly you want to just give up, you keep on going.
- Determination is a positive emotional feeling that involves persevering towards a difficult goal in spite of obstacles.

Things the family can try at home...

- Set yourself some goals and maybe even write them down.
- Break your goals down into smaller chunks and think about how you can achieve them.
- Set yourself a timeline so you know how long you have got.
- Try not to think negatively as this will make you more likely to give up.
- Have confidence in your abilities.
- See your life, and future, as totally within your control - Most successful people do feel good luck played some role in their success. But they don't wait for good luck or worry about bad luck. They act as if success or failure is totally within their control.
- Don't focus on others; only try to impress yourself.

We would love to hear about how your family has been showing the value of Determination! Make sure you let your teacher know by the end of May, so we can all be proud of you. You can ask a grown up to fill in the 'Wow Value' slip below and hand it in!



Name _____

Class _____

Values WOW for Determination


