

# SUMMIT LANE FAMILY CONNECTION

**OVERVIEW:** Determination is like running a marathon . You have to know what you want to achieve, then put one foot in front of the other until you reach the finish line. It takes a lot of effort and it is tempting to quit and turn back when you feel tired or discouraged. Determination means pressing on, pushing forward and not giving up!

## Determination

Definition: Overcoming obstacles in order to reach a goal

### I WILL...

- Set the right goals.
- Get moving.
- Face challenges.
- Not be discouraged by failure.
- Keep trying.

SPIKE ALWAYS  
PUSHES  
FORWARD!



## HOW DO WE SHOW DETERMINATION SUMMIT LANE

- Continuing a task without quitting
- Waiting for the right time
- Having confidence
- Making a To-Do list
- Reflecting on your choices
- Managing your time
- Using self-control
- Asking for help when needed
- Setting appropriate goals
- Moving forward

Books that help teach determination

The Little Engine that Could  
by Watty Piper  
Wilma Unlimited  
by Nadjmeh Salimi  
Winners Never Quit  
by Mia Hamm  
Try It and Stick With It  
by Cheri Meiners

Game Day  
by Tiki Barber  
Flight School  
by Lita Judge  
The Most Magnificent Thing  
by Ashley Spires  
Wilma Unlimited  
by Kathleen Krull  
How to Catch a Star  
by *Oliver Jeffers*

Activities to help teach determination

LEGOs

puzzles

scavenger  
hunt

obstacle  
course

Character Quiz:

1. How do you feel after you accomplish something difficult or challenging?: \_\_\_\_\_
2. Determination means: a. having a goal. B. making a plan. C. try until you succeed. D. all of the above.
3. Name three ways Spike can show determination at school.  
\_\_\_\_\_
4. Determination means doing whatever it takes to get what you want, no matter the consequence: TRUE or FALSE
5. Why is determination important? \_\_\_\_\_