

# Perseverance

## WHEN HAVE YOU HAD TO PERSEVERE?

I had to show real perseverance when I was trying to learn to swim. I really wanted to be able to swim underwater like my friend but was worried about doing it. One summer we went swimming with my friend's family and he really encouraged me to have a go and not give up. I kept practising and practicing and finally I managed to swim a whole width of the pool underwater. It made me feel so proud of myself that I had finally achieved something that I was desperate to learn.

After my friend helped me learn to swim, I showed him how to ride his bike and encouraged him to persevere and not give up.

**Charlie, Year 3**

Once at my piano lesson I struggled at a piece I didn't know but with a little bit of help from my teacher I did it. Now I can play it really well. It shows that if you work hard and persevere you can do it.

**Amelia, Year 4**

I had to persevere in football because I could only do 6 keepie uppies and all my friends could do more so I persevered and was able to do nine keepie uppies. I only got there because I practised and believed in myself, my family believed in me too. My dad took me to the playing field to support me.

**Albert, Year 4**

At gymnastics I struggled a bit when I started but I kept trying. I really wanted to do a good straight jump on the trampette and land properly. It was really difficult but after lots of tries I did it. The coaches gave me support and helped me work out how to do it. They helped me feel brave. I did not want to give up. I was really glad that I kept trying because I felt amazing when I finally did it. I wish I could go back to gymnastics now but it is closed because of covid.

**Lois, Year 3**

One time in my life when I had to persevere was when I went on an extremely high zip line which went over a big and deep quarry. I persevered because I was a bit scared because it was so high. I overcame my fear by watching other people do it and with the support of my family.

**Guy, Year 4**

**THE WILL TO PERSEVERE IS  
OFTEN THE DIFFERENCE  
BETWEEN FAILURE AND  
SUCCESS.**

David Sarnoff

PICTUREQUOTES.COM

## WHAT TIPS / ADVICE WOULD YOU GIVE TO SOMEONE ABOUT PERSEVERANCE?

Perseverance is special in life if we didn't persevere, we would not achieve anything. We all have perseverance deep down sometimes we can't let it out it can be hard to persevere but try to let it out of you. Remember we all need to persevere in life and it is hard.

**Kai, Year 4**

If you are ever faced with something that looks fun but scares you I recommend giving it a go and facing your fear and using those around you for support.

**Guy, Year 4**

If you think you can't do something believe in yourself then you will be able to complete your goal.

**Albert, Year 4**

## SONGS TO HELP YOU

### PERSEVERE:

KEEP ON MOVIN' - FIVE

BRING IT ALL BACK - S CLUB 7

FIGHT SONG - RACHEL PLATTEN

STRONGER - KELLY CLARKSON

HIGH HOPES - PANIC AT THE DISCO

NEXT RIGHT THING - FROZEN 2

## IS IT BETTER TO TRY AT SOMETHING AND FAIL, OR NOT TRY AT ALL?

It is better to try and fail, because if you do not try you will regret it.

**Amelia, Year 4**

It is better to try and fail than to not try at all, because if you fail you can do it again.

**Beatrice, Year 3**

It is better to try, because fail just stands for First Attempt In Learning.

**Sam, Year 4**