

Cultivating positive habits and building resilience

A resource pack for young people

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 **achieving
for children**

 **Are you OK
Kingston?**

 **Are you OK
Richmond?**



Grow Your Mind



**Week 6:
Effort and
Practice**



Effort and practice

This week focuses on effort and practice.

Why is this important?

Sometimes we can be fooled into thinking that other people are naturally talented, or find certain work, skills and activities easy without putting in any practice. In fact, even when people have a particular talent it takes huge amounts of effort and practice to really be successful. It is good to remember the importance of effort and practice because it can help motivate us to have a go at something new.



How can we grow this area of our mind?

Focusing on
the effort we
put in

Focusing on
creativity

Perseverance



Focusing on effort

It can be easy to focus too much on the end result and the product of what we do. We sometimes forget about the process of learning and the effort and practice required to improve at something or learn something new. When you try something new, do you ever have thoughts like:

What if I fail?
What if I make a fool of myself?
What will people think of me if I don't do well?

If we attach our self-worth to the outcome of what we do, or how well we perform, then it becomes harder and more scary to try new things. We want to run away before we have even started.

If we instead reconnect with the importance and value of effort, then the process itself becomes exciting and rewarding, no matter what the outcome.

It is still helpful to have goals and to want to achieve them, but it is also helpful to value and appreciate all the steps we take along the way to get there too, not just the final goal and outcome.



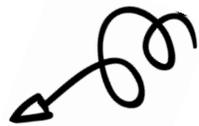
Focusing on effort



	Week 1	Week 2	Week 3
Monday	✓	✓	✓
Tuesday	✓	✓	✓
Wednesday	✓	✓	✓
Thursday	✓	✓	✓
Friday	✓	✓	✓
Saturday	✓	✓	✓
Sunday	✓	✓	✓

Keeping a record of the effort we are putting into something can be a good way to keep ourselves motivated to keep practicing. You can do this in lots of creative ways, but a simple idea is to have a chart you can mark when you have practiced

Full version available in accompanying word document



Creative tasks

Creativity is about coming up with new ideas and is often associated with using imagination and being innovative. Engaging in creative tasks offers us a good opportunity to practice putting in effort and seeing its impact on not only the final outcome, but the process of the task too!

Many of us think we are not creative because we are not good at drawing or painting. But we are all creative and there are lots of ways to be creative beyond the visual arts, for example:

Cooking

Music

Photography

Baking

Journaling

There is no **one** form of creativity.
Allow your self to explore and experiment and see where your curiosity takes you.

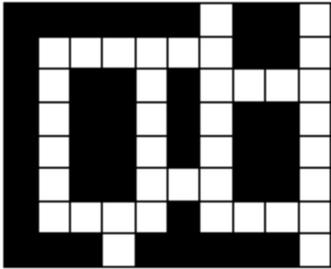
How are you going to add a bit of creativity to your day?



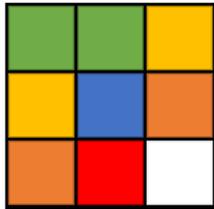
Perseverance

Practicing tasks and activities that require perseverance is another way to remind ourselves of the value of effort and practice. Even small activities like...

Doing a crossword puzzle



Completing the Rubik's cube



Build a house out of cards



Doing a Sudoku puzzle

5	3		7					
6			1	9	5			
	9	8					6	
8			6					3
4			8		3			1
7			2					6
	6					2	8	
			4	1	9			5
				8			7	9

The more you practice and keep trying, the easier it will become!

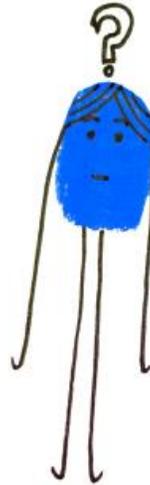


Perseverance

The way we talk to ourselves also makes a big difference in terms of whether or not we keep going. Let's look at some examples of what we can tell ourselves to keep persevering.

I'm not good at this

What am I missing?



I can't make this any better

I can always improve so I will keep trying

I keep making mistakes

Mistakes help me learn better

He's so much smarter than me

I'm going to figure out how he does that



Summing up

1. What 3 things have I learned?
2. What 2 things do I want to find out more?
3. What 1 question do I still need to ask?

Resources:

<https://camhs.cnwl.nhs.uk/children/cope-ometer/>

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>



We hope this session has been helpful
There is a word document you can access with some
more activities.

Next week...

Learning from failure and mistakes!

