



Building Grit

Follow the instructions to complete the activity.

NAME

DATE

Consider how you can build grit by answering these questions using your own words and examples from your own life.

1. Why do you think grit is important?

2. How can you demonstrate your grit at home?

3. How can you demonstrate your grit at school?

4. How can you demonstrate your grit in your community?

5. How can you encourage grit in others?

