



**DO HARD THINGS**

**FAMILY CONNECTION LESSON**

<p><b>CONCEPTS TO REINFORCE:</b></p>	<ul style="list-style-type: none"> <li>• You CAN do hard things</li> <li>• Try, try again</li> <li>• Hard things make your brain stretch</li> <li>• Don't settle for easy</li> <li>• Hard work is meaningful</li> <li>• Practice makes hard things easier</li> <li>• Believe in yourself</li> <li>• Be positive even when the task is difficult</li> </ul>
<p><b>MATERIALS:</b></p>	<ul style="list-style-type: none"> <li>• Basketball or another ball that can be dribbled</li> <li>• Paper and pencil</li> <li>• Clipboard or other hard surface</li> </ul>
<p><b>ACTIVITY:</b></p>	<p><b>Instructions:</b> Ask a family member to come to the front of the group and hold up the hand they use to brush their hair. This is their dominant hand. Choose the hand that is not raised, which will be their less-dominant hand. Tell them that everyone will count how many times they can dribble the ball with their less-dominant hand in 30 seconds. Have them repeat the exercise with their dominant hand and have family members count how many times they can dribble the ball.</p> <p>Note how many times the family member dribbled the ball with each hand on a piece of paper on a clipboard or other hard surface.</p> <p>Repeat enough times so everyone in the family can participate.</p>
<p><b>ACTIVITY TALKING POINTS:</b></p>	<ul style="list-style-type: none"> <li>• Which hand made it easier to dribble the ball?</li> <li>• How many times did you dribble with each hand?</li> <li>• Was it hard to dribble with your less-dominant hand?</li> <li>• Do you think it would become easier to dribble with your less-dominant hand if you practice regularly?</li> </ul>

<b>FAMILY DISCUSSION:</b>	Accepting challenges and having the determination to do things that are difficult are two of the best ways to help your brain grow and give you confidence. Have you ever watched a baby learn to walk? It takes a long time and several falls before they can walk, yet they never give up and keep trying until they succeed. What would happen if you were not afraid to try something hard? Discuss ways you can do hard things and what you might achieve if you dare to try.
<b>CONCLUSION:</b>	If you believe you can do hard things, you will be more successful in every part of your life.  Take this opportunity to talk with your child(ren) about their goals for the future and offer them encouragement or guidance. Help them set goals as they do hard things.
<b>TREAT:</b>	<b>SUGAR COOKIES FROSTED WITH YOUR LESS-DOMINATE HAND</b>
<b>ADDITIONAL RESOURCES:</b>	<ul style="list-style-type: none"> <li>• <i>My Troll Patrol: Do Hard Things</i> by Courtney Johnson</li> <li>• <i>The Little Engine that Could</i> by Watty Piper</li> <li>• <i>Little by Little</i> by Amber Stewart</li> <li>• <i>Give Up, Gecko</i> by Margaret Read MacDonald</li> <li>• <i>Horton Hatches an Egg</i> by Dr. Seuss</li> </ul>

"Learn from your mistakes and try again. Trolls believe every time you try hard things, your brain gets stretch marks."

