



# Helping Your Pre-K Child Thrive

## This Week's Lesson: Rosie Revere, Engineer

### What You'll Need

- A phone with internet (if you do not have this, skip to 'Alternative Instructions')

### What to Do

- Read or watch "Rosie Revere, Engineer" (<https://www.youtube.com/watch?v=3sNVhNThxcc>)
- As you read or watch, point out the way that Rosie approaches hard tasks--does she try once and give up? Or does she keep trying, over and over again? Explain that this is called perseverance--that is, trying and trying and not giving up.
- Ask your child to select a task that's a little difficult for them--getting dressed, preparing or selecting food, etc. Ask them to try to do the task, and if they struggle, work together in a positive way to be like Rosie and persevere. Ask, how can we try again? What can we do differently?
- Keep working on the task, trying different ways to get it done. If your child gets too frustrated, take a break and try again later.

### Alternative Instructions

(if you don't have a phone to watch the story, or a copy of the book on-hand)

- Sit down with your child somewhere comfortable and explain perseverance--that is, trying and trying and not giving up.
- Ask your child to select a task that's a little difficult for them--getting dressed, preparing or selecting food, etc. Ask them to try to do the task, and if they struggle, work together in a positive way to be like Rosie and persevere. Ask, how can we try again? What can we do differently?
- Keep working on the task, trying different ways to get it done. If your child gets too frustrated, take a break and try again later.

### Keep It Going

- As you go about the rest of the week, stay aware of areas or tasks where your child struggles. Find positive ways to practice perseverance--approaching the task from a different angle, trying creative ways to get it done, etc. Keep it positive and read your child's cues to determine when they've had enough.