

Building Grit – Student Worksheet

Name: _____ Date: _____

What Is Grit?

Grit means not giving up when something is hard. It means trying again, learning from mistakes, and keeping your goal in mind.

Circle the sentence that shows grit:

- A. I stop working when something is confusing.
 - B. I try a new strategy when my first try doesn't work.
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When Learning Feels Hard

What is something that feels hard for you right now?

How do you usually feel when it gets hard? (circle one or more)

 Frustrated  Nervous  Mad  Like giving up  Proud

Showing Grit

Put a ✓ next to the choice that shows grit.

1. I get a low score on a quiz.
 I give up. I look at my mistakes and practice.
2. My writing needs to be fixed.
 I rush. I revise and ask for feedback.
3. A book is challenging.
 I quit reading