

February Building Block: Determination



*Patiently I wait and wait.
Knowing that a bug tastes great.
Wait I will 'til a bug is mine,
Because **SUCCESS**, of course, takes time.
It's **DETERMINATION** I must show
To get the bugs I need to grow.
So when a bug comes whizzing by.
I snap my tongue and good-bye fly.*

*(Excerpt taken from the book,
Inch & Miles: The Journey to Success)*

Being Determined When You're Having a Bad Day

Bad days happen-and when they do, it can be difficult to stay focused on our goals and remain determined to reach them. However, Coach Wooden's Pyramid of Success is something for all of us-on our best days and our worst-and shows us how we can remain **determined** to become our personal best no matter what situation we're facing.

Coach Wooden's definition of success fits everyone because we all have an equal opportunity to make the best effort we can. Coach noted that "We're not all equal as far as intelligence is concerned. We're not equal as far as size. We're not all equal as far as appearance. We do not all have the same opportunities. We're not born in the same environments, but we're all absolutely equal in having the opportunity to make the most of what we have and not comparing or worrying about what others have."

So when we're having a bad day, we just need to remember that it is just a day and tomorrow we have another opportunity to work to be the best we can be. We all have the same chance to be our personal best in whatever circumstances we're in at the time. Once we realize that the only person we're competing against is ourselves, it's difficult to be discouraged.

Things turn out best for the people who make the best of the way things turn out.

~Coach Wooden~

When the going gets tough, some kids want to get going-out the door, away from school, that is! Help your child stay focused on the opportunities beyond the school's doors by helping him or her move forward towards his or her goals. **Help your child remain determined even when things are difficult by:**

- **Relax.** Teach your child to take a deep breath and think about what is making him or her feel mad. Deep breathing and reflection can be ways to help your child calm down.
- **Talk.** Ask your child to use words to express how he or she is feeling. This will encourage your child to work through the problem.
- **Think.** Have your child think about different ways that he or she can make the feelings of anger go away. Some suggestions are: taking a walk, doing a project, or finding solutions to the problem that made him or her angry.

A journey is really just a lot of small steps. Start by taking these steps with your family:

1. Be a teacher. When your child is struggling with self-control, use it as an opportunity to teach him or her what to do to regain control.
2. Group projects can often bring out frustrations. Teach your child what to do if he or she is having trouble working with others.
3. Remind children that self-control also comes in the form of modesty.

Source: Premier, a member of the School Specialty Family

The true test of a man's character is what he does when no one is watching.

~Coach Wooden~