**Panastics P.O.P. Program**

**(The Power of Positive)**

Character Trait for October: **Persistence**

**Gymnasts who are persistent say:**

“I won’t quit.”

“I can do it.”

“It is always the hardest the first time, but I won’t give up.”



Shelly loved doing gymnastics. She had the best handstands in her class. But when Shelly began doing back walkovers, she kept falling. “I don’t understand. Handstands are so easy for me. Why are back walkovers so hard? I should just give up. I am never going to get it.” Coach Patty saw Shelly sitting by herself at practice. Coach Patty said, “Shelly, why are you so sad?” Shelly said, “I just can’t get my back walkover, Coach Patty. I am never going to do it. I give up.” Coach Patty said, “Shelly, learning a new skill can be hard at first. But if you have persistence and don’t give up, you will get it eventually. I will spot you a few times, and then you can try it on your own.” So, Shelly did some back walkovers with Coach Patty. Once Shelly felt ready, Coach Patty let her try one on her own. Shelly didn’t get it the first time, but she took a deep breath and tried again. On the second time, Shelly got her back walkover all on her own! “I did it! I didn’t quit, and I finally got it!” Shelly persisted and didn’t give up, and now she has the best back walkover in her class.

**What skill are you are working on that you just need to take a deep breath and keep trying? Don’t give up! You’ve got this!**