

# Get "GRIT" Guts, Resilience, Integrity, Tenacity

With Mrs. Kantrud  
4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> Graders

Get "GRIT" is a curriculum (based on the 27 Skills taught in the Adventures in Wisdom Curriculum) to help kids build life skills to understand how to: empower themselves, think for themselves, stand up to peer pressure, make good decisions, develop soaring self-esteem, and powerful self-confidence, create and achieve goals, to break through fears, deal with mistakes, and be powerful test-takers. The curriculum will be broken down into 3 quarters. Each quarter will have a specific focus. The power of story is used as example and to provide discussion as well as gaining tools for incorporating a personal skill set in each area. In addition to using literature, an activity or two per class (small group work, journal writing, a craft, etc.) and a snack will be provided. Attend the 1st quarter or every quarter to receive the entirety of the curriculum. Mrs. Kantrud is a certified Adventures in Wisdom Coach ([adventuresinwisdom.com](http://adventuresinwisdom.com)).

## Quarter 1:

- Mind Power - Understanding the Power of Your Mind and Why You Achieve What You Believe
- Inner Power - How to Think for Yourself, Make Good Decisions, and Stand Up to Peer Pressure.
- Me Power - Creating Soaring Self-Esteem, and Choosing Positive Self-Talk.

Kids with Grit dates and times  
Wednesdays 3:00-4:30  
Cost is \$105 per quarter

October 25<sup>th</sup>, November 1, 8, 15, 29; December 6, 13

We will meet in Room 28, 7 weeks of classes - \$105

Child's Name \_\_\_\_\_

Child's Teacher's Name \_\_\_\_\_

Parent's phone \_\_\_\_\_

Parent's email \_\_\_\_\_

Allergies \_\_\_\_\_

My child will go to aftercare Yes \_\_\_\_\_ No \_\_\_\_\_ (please check one)

Please make checks payable to Rochelle Kantrud, or cash is accepted.

