Parents - If you haven't already read the pages on "Developing Character in Your Children," you might want to go there first before reading these pages.

Create a "Hall of Fame"

Draw a hallway on a poster board and let the children draw pictures on it of heroes who have endured.

You might make a simple medal of honor out of gold paper and multi-colored ribbon to hang below each person's picture.

Who will the heroes be?
· Those you have read or heard about
· A friend or relative who has achieved
· Someone you know who has endured suffering and has become a better person from it.

Endurance

vs. discouragement

"The inward strength to withstand stress and do my best"

Tips for Parents to Encourage Endurance

Helping your child develop endurance will contribute more to a successful life than immense talent or years of education. Behind almost every success story is a hidden tale of endurance and willingness to sacrifice to reach a goal.

A child who is encouraged to press through discouragement, tiredness, or criticism to move toward his goals has vital equipping to achieve well in life. Model endurance yourself by not grumbling about hard situations or even boring, mundane chores.

Encourage your children to set goals, then show them how to break them into smaller steps they can realistically achieve in a short time. Remind them of their vision when they get weary or tired. Point them to heroes who have endured by providing good movies, books, news, or story telling. Put up posters of those who have achieved, especially in the field they want to excel in.

Above all, encourage them to know that endurance through hard situations builds good character—the foundational, necessary ingredient for true success!

Family Endurance

Why not set a goal as a family and practice endurance in achieving it? Choose an activity or project that will take some work and time to complete and that will involve the whole family. You might choose to start a vegetable garden, re-decorate a room, take a long hike, or take a backpacking trip.

You might want to make a poster with a mountainside drawn on it with ledges, groves of trees, etc. Write the steps at those locations and put a cut out person there when the step is completed.

Be sure to include ingredients for success:

- Cast a clear vision (goal).
- Break the tasks into simple steps.
- Realistically face any roadblocks and prepare for them.
- Assign the tasks.
- Discuss ways to encourage each other.
- Celebrate when you have reached the goal!

Why not find someone who has achieved by endurance and let your children interview them?