

Endurance

Character... It starts with me!

MONTHLY EDUCATOR BULLETIN

Vs. Discouragement

I WILL

- not be a "quitter"
- accept both instruction and correction
- not waste my time, energy and talent on meaningless pursuits
- bend instead of break
- put my whole heart into everything I do

FEATURES

- No Matter How You Say It 2
- Quotes 3
- Curriculum Connection 3
- Model 4
- Team-Building Activity 4
- Crosky's Corner 7
- Family Activity 8
- Character in the Classroom Continuously 9

The inward strength to withstand stress and do my best.

Cinderella endured. Whether you watch the Disney version, Rodgers and Hammerstein, or the many remakes such as Ella or Ever After, you will see a consistent theme of endurance. Life was not kind to the orphan but she kept hope in her heart and a dream in her head (and a song on her lips for the musical versions). She found ways to endure, making friends where she could (the mice) and working hard even when

there was no thanks or reward. Her ultimate triumph was to marry the prince.

Endurance is having the resolve to outlast the hardships that come your way. It is enduring the small inconveniences that prepares us for handling larger set-backs with grace.

Endurance is the dance of two steps forward and one step back. It's recognizing that you are making progress even if it feels

like you are going backward some of the time.

When we have endured hardships to reach a goal, it makes the success that much sweeter.



This month, appreciate the roadblocks and use them to motivate you forward.

IN THIS ISSUE

IN THIS ISSUE	
The Egg, The Carrot and the Coffee	5
RFK	6
Bitter or Better	6
Fortitudine Vincimus - By Endurance We Conquer	6

No Matter How You Say It

Perseverancia

vs. Desaliento

La fortaleza interior para resistir presiones y actuar lo mejor que pueda



☞☞ Go to the Root ☞☞

The primary Latin root of endure is *durare*, which means “to harden; to hold out; to make last”. To create the word Endurance, the Latin *durare* was coupled with the Latin preposition for “in”. Can you see how endurance is hardening from within?

Idioms

He that would have eggs must endure the cackling of hens. You must be willing to endure unpleasant, irritating things in order to get what you want.

What can't be cured must be endured. If you cannot do anything about a problem, you will have to live with it

See www.thefreedictionary.com

“People will accept your idea much more readily if you tell them Benjamin Franklin said it first.” -David H. Comins

Character Quotables

“Do or do not; there is no try.”

~ Yoda
(The Empire Strikes Back)

“Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.”

~ Buddha

“Endurance is patience concentrated.”

~Thomas Carlyle

“I learned from the example of my father that the manner in which one endures what must be endured is more important than the thing that must be endured”

~Dean Acheson

“A fight is not won by one punch or kick. Either learn to endure or hire a bodyguard.”

~ Bruce Lee

“Come what may, all bad fortune is to be conquered by endurance.”

~Virgil

“Heroism is endurance for one moment more.”

~George F. Kennan

“The first virtue in a soldier is endurance of fatigue; courage is only the second virtue.”

~Napoleon Bonaparte

“The length of a film should be directly related to the endurance of the human bladder.”

~Alfred Hitchcock

“The limits of tyrants are prescribed by the endurance of those whom they oppose.”

~Frederick Douglass

“The men who learn endurance, are they who call the whole world, brother.”

~Charles Dickens

“A leader, once convinced that a particular course of action is the right one, must be undaunted when the going gets tough.”

~Ronald Reagan

“Success seems to be connected with action. Successful people keep moving. They make mistakes but they don't quit.”

~Conrad Hilton

“You may have a fresh start any moment you choose, for this thing that we call “failure” is not falling down, but staying down.”

~Mary Pickford

“One man scorned and covered with scars still strove with his last ounce of courage to reach the unreachable stars; and the world was better for this.”

~Don Quixote

“I know quite certainly that I myself have no special talent; curiosity, obsession and dogged endurance, combined with self-criticism have brought me to my ideas.”

~Albert Einstein

“Those who can bear all can dare all.”

~Marquis De Vauvenargues

“Tough times never last, but tough people do.”

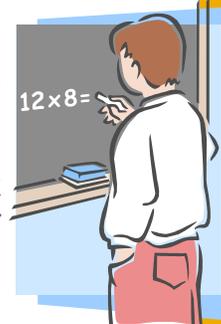
~Dr. Robert Schuller

Curriculum Connection



Math

Multiplication tables: the ultimate test of Math endurance. Enduring math repetition work has payoff. Starting small and working hard leads to accomplishing larger goals. The following link contains some research on interspersing easier math problems among the harder ones to increase math endurance, among other things.



<http://www.springerlink.com/content/f0002p0m6km82310/>

Wilma Rudolph - Model of Endurance

Wilma Rudolph is not the Hero of Endurance because she was a long distance runner (that would be Determination). She was chosen for all of the stresses she endured on her way to fame.

Rudolph was the 20th of 22 children, born prematurely. As a child, she was often ill, including a crippling bout with Polio. She recovered and by age 12 could walk normally.

While playing high school basketball she was discovered by a college track coach and the rest is history. She holds a bronze medal from the 1956 Olympics and three golds from the 1960 Olympics making her the first

American woman to win three gold.

Despite her success on the track and her fame from the Olympics, she still had to fight prejudice both for being a female athlete as well as African American. She used her success to open the doors for other female athletes and she fought segregation on many fronts in her hometown in Tennessee.

Wilma Rudolph died on November 12, 1994 at the age of 54 in her home in Nashville, Tennessee. She had been diagnosed with brain cancer. In 1997, Governor Don Sundquist proclaimed that June 23 be now

known as Wilma Rudolph Day in Tennessee.



Team~Building Activity

Building a culture of good character requires building the class into a community. Here is this month's teambuilding activity:

Double Circle

Arrange the students so that they are standing in two circles facing each other. If you have an odd number of students, one student will not have a partner in the opposite circle. This person gets to read the question for the round. When the circles move, that person will get a partner and the next odd man out gets to read. The questions that you write should deal with current events in the school (What do you think about the proposed new dress code?) or the community (What does the closing of the park at the corner mean to you?), topics from current lessons (Would you have wanted to ride in the Pony Express?), topics about the character quality of the month (Do you ever feel like giving up when you are studying for a test? How do you keep yourself motivated to study?) For each question that is read, the person in the inner circle answers first and then the person on the outer circle shares their answer. When the questions are done, ask if anyone learned something new and interesting about a classmate. Draw some conclusions about the answers. Sometimes they were the same and sometimes they were different. Our similarities and our differences make us stronger.



???????

The Egg, The Carrot and the Coffee



For this exercise you will need an egg (hard-boiled is safer), a raw carrot and can of coffee. Show these items to the class and then ask each student to associate themselves to one of these items. Ask all of the “eggs” to sit/stand together; ask all of the “carrot” people to sit/stand together, and do the same with the “coffee” people. Explain that problems are like boiling water and that different people react to problems differently. Ask each group

how their item reacts to boiling water. (The egg becomes hardened, the carrots become soft, and the coffee changes the water into coffee.) Relate these reactions to the responses that people have to problems. Explain that the groups they are in do not indicate how they react to problems. Ask each group to give examples of how each type of person would react to problems such as: forgot to bring home textbook for homework; or not making a sports team. The carrot went into the water strong, hard and unrelenting. However after being subjected to the boiling water, it softened and became weak. Carrot answers are the give up/do nothing kind of responses. The egg had been fragile before it was boiled. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened. Egg answers will take action but the wrong kind such as making fun of others. The coffee was unique, however. After it was in the boiling water it had changed the water. Coffee answers will endure and solve the problem.



"Only those who dare to fail greatly
can achieve greatly."

~ Robert F. Kennedy

Many famous people, both current and historical, failed miserably before they achieved success. Did you know that Walt Disney was fired by a newspaper editor because "he lacked imagination and had no good ideas." He went bankrupt several times before he built Disneyland. In fact, the proposed park was rejected by the city of Anaheim on the grounds that it would only attract riffraff. How about Babe Ruth - he is famous for his home run record, but for decades he also held the record for strikeouts. He hit 714 home runs and struck out 1,330 times in his career. Can you picture Michael Jordan being cut from his high school basketball team? Check out the link below for some famous people failures. Select a few that would be known to your students and see if they can guess who they are. Where do you think they would be now if they hadn't kept trying? What do you think they used for motivation? Can you pick one that you can think about the next time you want to give up?

<http://www.onlinecollege.org/2010/02/16/50-famously-successful-people-who-failed-at-first/>

Bitter or Better?

When problems occur we can act one of two ways: we can act bitter or we can get better. The difference is the "I". Have the students list some "I" statements that can help get around a problem. You can give specific problems or you can be general such as "I can ask for help." "I can practice more" "I can start studying for a test earlier."

Fortitudine Vincimus - By Endurance We Conquer

This was the family motto of Sir Ernest Shackleton, who named his ship The Endurance. It was a 300 ton wooden barquentine designed to withstand the ice for its mission to Antarctica. In 1914, Captain Shackleton and a crew of 27 set sail for the first crossing on foot of the Antarctic continent. Within eighty-five miles of the continent their ship Endurance was trapped and slowly crushed by pack ice. With no communication to the outside world their ordeal would last twenty months. With Shackleton's inspiring leadership the crew struggled to stay alive in one of the most inhospitable regions of the world. Miraculously, not one man was lost, surviving extreme cold, breaking ice floes, leopard seal attacks and an open boat journey that would be called one of the greatest navigational feats in nautical history.

For the full story visit:

<http://www.antarcticconnection.com/antarctic/shackleton/voyage.shtml>

In my first year of teaching, I taught social studies with Mrs. Donahue, a woman who was in her last year in the profession. She had been a friend of my Mom's for 25 years. My first impression of this veteran was that she was a traditional teacher who knew nothing of my revered "New Social Studies." (Note to rookies: This was in 1972!) Despite my rush to judgment of her, she encouraged my enthusiasm and idealism, rather than choosing a defensive or superior manner. I gradually came to view her as a life-long learner who was always open to an exchange of ideas. Since she communicated with me openly and warmly, I eventually felt comfortable in seeking information and advice from her. This veteran on the verge of retirement became a role model for me, the know-it-all youngster. It wasn't so much a matter of my adopting her teaching style as it was that I needed to learn as much from this person as I could before she was "gone." I began to hope that when I was near retirement, I would still be as open to new learning and growth as she was. Memory of her sustained me through my career.

Croskey's Corner

By the time I retired as a school psychologist, I realized that people were looking to me for guidance at times. That was a nice feeling. Yet I realized I was getting some "hallway cred" (as opposed to "street cred") in school for simply Enduring for 37 years. That brings us to the Character Quality of the Month - Endurance. It is defined as "The inward strength to withstand stress and do my best." The "I will" statements which accompany Endurance are to :

- Not be a "quitter"
- Accept both instruction and correction
- Not waste my time, energy and talent on meaningless pursuits
- Bend instead of break
- Put my whole heart into everything I do

Endurance comes from two Latin words (as you will likely read in another part of this newsletter!) meaning, roughly, to harden within. Thus, the hardness is not on the outside; it is an inner quality of firm resolve. That seems important to me. If you are young, as I am not, you may feel that talk of Endurance and stress sounds old, or "burned out." You might justifiably ask, "Why don't these old guys get excited or get out?" I will grant that you who are young have at least one quality which I do not - stamina. I may be able to complete some of the same feats that you can, but you will undoubtedly be able to do them for a longer time and with more of a sustained strength. I have had to face the fact that I have limits. The Character First! literature chose the camel as a model of Endurance in the Animal Kingdom. This animal can endure thirst, hunger, and extreme temperature while bearing up to 1000 pounds of cargo, over hundreds of miles, for days at a time. The literature emphasizes, though, that the camel knows when it has reached its limits. A camel past its limits, loaded with just a few extra pounds to carry, may refuse to budge or even drop dead. The extra weight has become, literally, the straw which broke the camel's back. Many days at school, it felt like I was a camel and my work environment was the middle of the Sahara.

So, if your flesh is weak, like mine, or if your stamina gets used up more quickly (see "like mine," above), we may have to depend on hope to Endure. Think of the veteran educators you know who have Endured with a firm, inner resolve, rather than merely surviving. They know their limits. But they also have enough experience to know when to carry that half a ton - and when to DRAG it. Or when to ask a younger camel to carry it! They still exude hope in their attitudes and actions. Their hope is the fuel which powers their inner strength. Their Endurance may not show on the outside because it IS an inner quality.

One other key to Enduring involves the avoidance of loneliness. The Character First! Bulletins we used to subscribe to informed us that Harriet Tubman, the famed Underground Railway conductor, was often forced to make the journeys to Freedom by herself. She found that her Faith, her vision of freedom, and singing (!) kept her from feeling so alone. This story got me thinking about the different sounds of Endurance. When we have trouble Enduring in school, our tendency may be to whine. Whining can bring others down and it can cause others to pigeonhole us as negative. For, when I hear a cry, I feel compassion, but when I hear a whine, I want to run! Maybe if our whining is "tuned" up a bit, it will end up sounding like a cry for help or hope. Then others may hear our cry rather than our whine, a much easier sound to listen to. They in turn will be more likely to reach out to us in our loneliness. This awareness may even remind us to listen to the whining of others as it really is, a lonely cry.

As your school year ends, you are glad you have Endured, and are probably not ready to consider Enduring another year quite yet. (Wait til June 20th.) But starting in the Fall, consider taking a look around and identifying some veteran whom you think you could learn from by watching. I suspect that your observations will reveal individuals who are not burned out or worn out. Maybe you can assume that your veteran has learned a lot in his or her journey. Figure out what they can teach you about Enduring. You may even learn to sing like they do!

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For the Family

We are studying the character quality of **Endurance**: The inward strength to withstand stress and do my best.

To practice Endurance I will:

- not be a “quitter”
- accept both instruction and correction
- not waste my time, energy and talent on meaningless pursuits
- bend instead of break
- put my whole heart into everything I do



Family Activity:

Sink or Swim



For this exercise, you will need a large serving bowl full of water and clay (not modeling compound). Make 4 small clay balls about the size of a large marble. One by one, drop the clay balls into the water and watch them sink. Talk about how when you give up on an activity, you just sink to the bottom. Talk about how your attitude keeps you going then when your attitude shifts, you sink. For the last ball, talk about endurance and how you don't want to be a quitter and end up on the bottom. Make this last ball into a boat shape. (You will need to practice beforehand so you know what shape floats and how big to make the balls.) As you shape the clay talk about how you can shape your attitude to endure. Place the clay boat on the water and talk about how ending up on top is the goal. Sometimes you have to change things about yourself in order to endure.

Other ways to teach character in the home:

- Display the character quality and definition in a prominent place such as on the refrigerator or let each child decorate it for their bedroom door.
- At the dinner table ask if anyone noticed anyone (not just family members) demonstrating the character quality (or not demonstrating it).
- Point out news stories where character was or was not involved.
- Review the “I wills” and see if there are specific actions you can add to this list.
- During car trips, challenge the kids by describing scenarios and having them identify if it describes being the quality or being the opposite.
- Praise with character by recognizing the character quality involved rather than the achievement.
- For more ideas visit www.charactercincinnati.org/education.php



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Character...It Starts With Me!

Character in the Classroom *Continuously*

There are many ways that you can teach the Character Quality of Month. Here are just a few suggestions:

- Ask students to make posters to hang in the classroom or around the school.
- Challenge students to find quotes, news stories, current (or classic) songs or movies that portray the character quality of the month. Be sure to share these with the class and “archive” these to use in future years.
- Add the character trait of the month to the spelling word list. (Even if it is posted in the classroom to copy!)
- Offer for students to make a video or write a rap that demonstrates the Character Quality of the Month.
- If you teach younger students, see if you can “borrow” some older students to lead your students in an activity or switch the roles and have the younger students “teach” a rhyme to the older students.
- If you teach older students, you can be the initiator in the previous activities.
- Invite local business leaders or small business owners to talk about the importance of a character trait. If you teach older students, aim to get a representative from a business that typically hires teens so that they can relate the importance of good character when applying for and *keeping* a job.
- Men and women in uniform usually make impressive guest speakers. Police departments, fire departments and military recruiting offices are usually willing to come into a classroom. Do not be afraid to give them specific requests or guidelines for speaking so that it is pertinent to the lessons of the month.
- Always have a generic character activity planned and ready to go that you can use as filler when you have time to kill or that a substitute teacher can use in your absence.