



LESSON

2

Keep Trying Unit Grade 2 • Ages 7-8

TIME FRAME

Preparation: 10 minutes Instruction: 30 minutes

MATERIALS

Clip about Cody McCasland
<https://www.youtube.com/watch?v=ladcCd9PRLc>

RAK journals

[Kindness Concept Poster](#) for Perseverance

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.2.1, 1a-c, 3 Colorado: Reading, Writing and Communicating S.1, GLE.1, EO.b, c; S.1, GLE.2, EO.a-c

[Learning standards key](#)

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



Obstacles and Perseverance

Students will learn about perseverance in the face of obstacles as they reflect on one boy's story.

Lesson Background for Teachers

This lesson builds on the previous lesson in this unit.

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

OBSTACLE Something that gets in your way or is hard to overcome when trying to reach a goal.

PERSEVERANCE Keep trying even when something is hard.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Referencing the strategies as they answer the evaluation question or write in their journals.
- Drawing their response to the evaluation question as a pre-writing strategy.

Share (3 mins)

*Last week we talked about **perseverance**. Does anyone want to share what part of their day is hard to get through and any strategies they use to **persevere**?*



Inspire

Video Clip (10 mins)

We are going to watch a clip about a 10-year-old boy named Cody McCasland, who has many obstacles in his life. He doesn't have any legs but has a wonderful attitude. Cody has had 20 surgeries and more than 20 sets of artificial legs in 10 years of life, and has done amazing things.

Show video: Limbless Swimmer Cody McCasland
<https://www.youtube.com/watch?v=ladcCd9PRLc>



Empower

Discussion (10 mins)

Cody swims and he also horseback rides, does gymnastics, plays t-ball, soccer, swimming, running, and golf. His dream was to compete in the 2016 Paralympic Games for swimming, but he now hopes to achieve that goal in 2020.

- Ask the students some of the following questions:
- Do you think it would be difficult to do all the things that Cody is able to do? What were some of his **obstacles**?
- How did Cody show **perseverance** when things got difficult?
- How is Cody's life better because he **persevered**?
- Do you think that Cody or his parents ever felt like giving up? We don't know for sure, but what do you think they did to keep going?

Wrap Up (5 mins)

To gauge understanding of the material, choose from the evaluation and reflection questions as discussion, or writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- Cody's motto is "Be Strong! Never Give Up!" What does that mean?
- What is an **obstacle**?
- How did Cody show perseverance when things got difficult?

Reflection Questions

- What can you learn from Cody's motto "Be Strong! Never Give Up!"?
- Does Cody's story inspire you? How?
- What **obstacles** have you overcome in your life?

Summary

Today we practiced thinking of **kind** things to say to others and ourselves and shared different things we are **grateful** for. Telling people and ourselves what we like about them is important because we hear so many negative things all the time. Focusing on what we're **grateful** for makes us feel good inside and makes us happier.



The RAK paradigm is the framework for teaching and building kindness skills.





Act (2 mins)

Kindness Minute

Not giving up on yourself or tasks when they get hard is a way of being kind to yourself. The way we talk to ourselves in our heads makes a big difference. Think of something you would say to a friend who needs encouragement. Now say it to yourself!

Kindness in Action

We've been talking about **perseverance**. During this week, think of a person you know or someone in a story who wanted to do something that wasn't easy, but kept going.

