

## Family Resource

### Progress Moments Jar



ages: 3+



One month +

#### Skills Practiced

Self-awareness, confidence, relationship skills, relationship-building, self-management, and goal-setting

#### The Why

Encouraging children to make small strides towards a significant goal helps them see that “practice makes progress” is more important than “practice makes perfect.”

#### The How

You will need a jar, a writing utensil, and scrap paper. As a group, decide how long the Progress Moments Jar will be open and ensure everyone understands that progress is often intangible; it includes effort, good sportsmanship, and showing improvement. Then, start adding Progress Moments you want to recognize (your own or others). At the end of the dedicated period, open the jar and read the Progress Moments you achieved as a group. Celebrate!

Progress Moments examples:

- Learning how to jump rope.
- Working hard on a school project.
- Being a good teammate in your soccer game.
- Reading a chapter in your book.
- Stepping out of your comfort zone to introduce yourself to someone new.
- Riding your bike for a few minutes even though you are nervous.
- Studying hard every night for a big test.

## Take it Further

- Make this jar a permanent part of your home; check in with it weekly or monthly to recognize new or continued Progress Moments.
  - Ask these questions along the way to enhance your family's experience:
    - In what ways is/was this activity challenging? In what ways is/was it easy?
    - What Progress Moments are you most proud of?
    - What did you learn about yourself?
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