



Healthy Habit: PERSISTENCE

PERSISTENCE – the act of persisting/the act of holding firmly and steadfastly to a purpose, state or undertaking despite obstacles, or setbacks

LEARNING OBJECTIVES

Students will learn they can overcome the most difficult challenges if they have persistence.

MATERIALS

- Chart paper
- Stopwatch (optional)
- Operation Smile Final Mile Mileage Tracker

FITNESS EXPERIENCE

INTRODUCTION

Explain that patients who come to an Operation Smile medical mission often must overcome challenges before they even reach the hospital. Ask what types of challenges patients and families may encounter (ideas may include distance, little money, lack of transportation).

ACTIVITY

1. Ask students to define the word *persistence*. Read aloud the patient story of Wendy, and ask them to listen for ways Wendy and her parents were persistent.
2. Have students share ways Wendy and her parents were persistent. Ask why it matters they kept trying to overcome challenges they faced.
3. Remind students that they have already learned the importance of exercising. Ask what challenges they faced while trying to achieve success as they accumulated miles for the Operation Smile Final Mile.
4. Explain to students that today they are going to run another timed mile to put on their Operation Smile Final Mile Mileage Tracker. Before they run, ask students to brainstorm



goals they want to accomplish with this run. Write ideas on chart paper. Now ask what ways everyone must be persistent in order to accomplish their goals.

5. Have students run a mile.
Tip: if one of the goals is to beat a previous time, bring a stopwatch.
6. Log each student's miles on their Operation Smile Final Mile Mileage Tracker

EVALUATION

1. Review goals stated by students. Have a discussion to determine whether students were persistent in accomplishing their goals.

EXTENSION

1. Remind students that two of the most important reasons to become involved in the Operation Smile Final Mile are because everyone should be fit and healthy, and because as the number of people who become aware of Operation Smile increases, the more children can have their lives changed through free surgery.
2. Challenge students to each find a *Shamrock Buddy*, a peer who has never been involved in the Operation Smile Final Mile, but can become involved this year. Elaborate that each student must use persistence to convince their potential *Shamrock Buddy* to become part of the program.
3. Have students brainstorm ways they can convince *Shamrock Buddies* to participate; write answers on chart paper. Some ideas may include explaining Operation Smile's mission, advising how becoming fit and healthy can improve one's life, telling Wendy's story, etc.

Operation Smile

Final Mile



4. On a hallway bulletin board, create a wall of *Shamrock Buddies* by taking a photograph of each pair of students. Under the photograph write the students' names, and what they think is the best part of being involved in the Operation Smile Final Mile.