

LANGUAGE OUT LOUD



THE VOICE

THE LOL NEWSLETTER

Grit

It's not about talent, it's not about luck... it is about Passion and Perverseance toward long term goals



For the past few weeks, I've been reading and watching information about "Grit". What I now know is that Grit is next level determination and resilience. Here is an excerpt from Angela Duckworth's book "Grit". it's really worth a read!

"Why do naturally talented people frequently fail to reach their potential while other far less gifted individuals go on to achieve amazing things? The secret to outstanding achievement is not talent, but a passionate persistence. In other words, grit. MacArthur Genius Award-winning psychologist Angela Duckworth shares fascinating new revelations about who succeeds in life and why. Based on her cutting-edge research, Duckworth shows how many people achieve remarkable things not just by relying on innate natural talent, but by practising what she calls grit. She then offers a Grit Formula to help anyone to become more gritty, focusing on six key factors: hope, effort, precision, passion, ritual and prioritisation. She reveals: - Why people who test high for talent often fail to achieve their potential, and why people who do not test high for talent often overachieve" what others expect them to do - How grit can be learned, whatever your IQ or circumstances - Why stubbornness is a key characteristic of gritty people - When to be stubborn and when giving up is the grittiest thing you can do - How gritty people found their passion, and you can find yours?"



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Mel's E-mote Strategy

We all need a bunch of strategies in our invisible toolbox to help regulate our emotions, because we know, that when we are angry or sad or over excited, one tool does not fit all! This Emotional Control tool, is one of the many strategies that is worked on in the LOL Sensory Studio -this is a tool that has been adapted for the specific use for Emotional Regulation with young people.

How to use your E-mote Control Tool

Always remember... Know your triggers/what happens in your brain, the feelings you get in your body. You start the e-mote strategy the **millisecond** that you feel triggered—**WALK AWAY** find a safe place/person.

You need to practice this strategy—**PRACTICE, PRACTICE, PRACTICE...**

Make great choices and you will succeed! YOU'VE GOT THIS!

MEL'S
E-Mote
Control

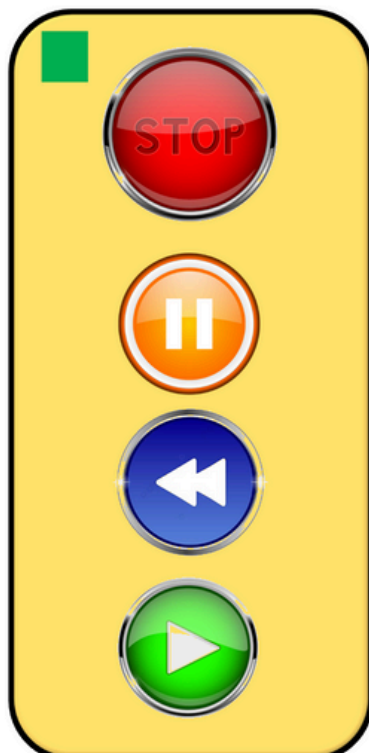
The On Button:

STOP: Find a safe, quiet place to sit. Push your feet into the ground, curl your toes up in your shoes so you can feel your leg muscles tighten. *shoes optional. Mindful Grounding. **Listen**—what are 3 things you can hear. **Look:** find 3 objects that are green. **Find:** 3 things you can touch **Gratitude:** 3 things that have made feel good.

PAUSE: **1.Breathe**—deep belly breathing. Slowly, Breathe in for the count of three and make sure you push your tummy out with your breath—hold for the count of three. Slowly breathe out for three. **2.Drink Water**—you may have to walk to the bubblers or to get your drink bottle. **3.Think**— what is the size of the problem? We want to down grade the size of the problem by asking ourselves questions. *Is this my problem? Am I safe? Am I keeping others safe? Can I ask for help? Will the world end if....*

REWIND: If you have gone through Stop and Pause and you are still feeling escalated, go back and repeat the first two steps. If you are not feeling in control on your second attempt—go and ask a trusted adult for help.

PLAY: If you feel calm after completing STOP and PAUSE, you are ready to press the PLAY button and continue with your work, or game in the playground.



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Good Books

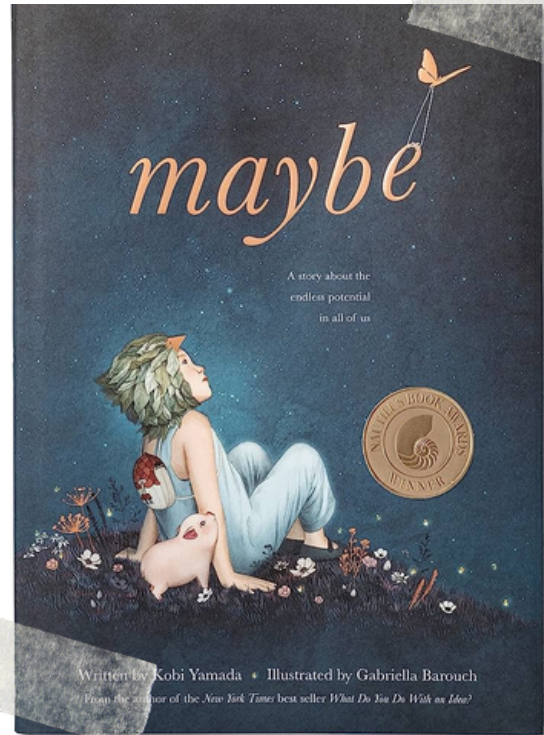
#1 NEW YORK TIMES BESTSELLER

'Fascinating and persuasive'
Malcolm Gladwell

GRIT

Why passion
and resilience
are the secrets
to success

Angela Duckworth



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