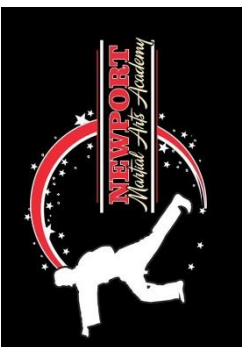




# MAT CHAT



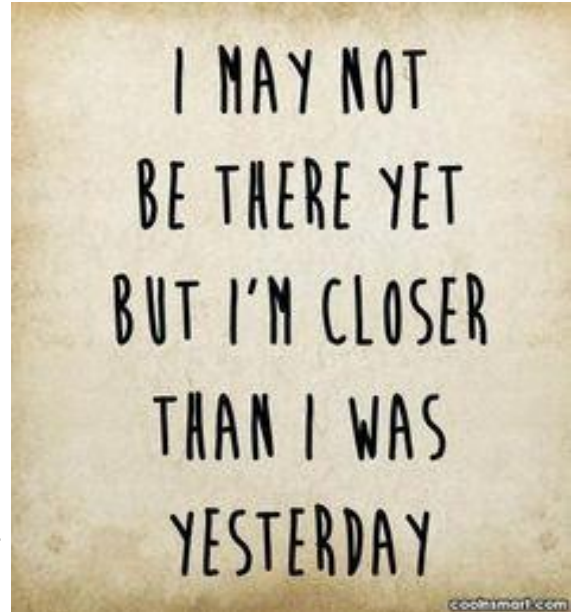
## Tenets and Codes

### Tenet 3 - Perseverance

#### What does *Perseverance* mean?

NEVER GIVING UP!

- Perseverance is when we start and finish a job
- Perseverance is when we do work that is hard and sometimes boring, but we finish it.
- When we persevere, our family, teachers & our friends trust us.
- When we persevere we improve our skills.
- Perseverance is commitment, hard work and patience.
- Perseverance is trying again and again.



#### Examples

A Black Belt is a White Belt who never gave up! They persevered!

A nine-year-old student named Jack  
Thought a green belt was all he  
could hack.

But he persevered  
Till he grew a beard,  
And now wears a belt that is black.

— Tad Richards

My goal is ahead.  
One step after another  
I will myself on.

— Tasha Halpert

#### At Home Training – Bring to the next *Mat Chat*.

Share your example of how you demonstrated or witnessed *Perseverance*.

- You can write. Tell about it, or it can be a story or poem.
- You can draw a picture of someone showing *perseverance*.
- You can tell. Be prepared next time to tell about seeing or showing *perseverance*.