

# Value: **Hard Work and Ambition**



Hard work means not giving up when times are tough. Hard work is choosing to stick with something while giving up other things, in order to achieve a goal. Ambition means the desire to be successful, and the desire to achieve something that you want very much.

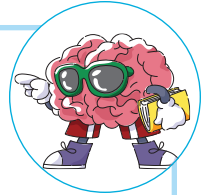
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## **Simone Biles**

Simone Biles is an Olympic gymnast. She was a foster child, and was adopted by her grandparents, along with her siblings. When Simone was very young, she started learning gymnastics. Since then, it has been a big part of her life. As she got older, Simone started winning more and more competitions. She participated in the Women's Junior Olympic National Championships, and later went to the Rio Olympics! Even though Simone's life started out pretty tough, she has remained faithful and strong. She has worked extremely hard and has achieved incredible things. Even though Simone's life started out rough, and her parents could not care for her and her siblings anymore, she made the most of her opportunities given to her by her adoptive parents, her grandparents. She did not use her past as an excuse, but instead she worked hard and found great success. — Juliana C.

## Family Activity:



Create a Summer Bucket List.



Gather the family, a large piece of paper, and markers.



As a family, brainstorm ideas of things you want to do and experience over the summer. Discuss the best way to achieve them.



Write down your goals for the summer and possible dates. Hang up the list in a central location.



## Family movies that demonstrate hard work:

- Zootopia: Message that even when you fall, you need to get up and try again.
- Sing: Nothing can hold you back. If you fail, try again, stronger than ever.
- Leap: Hard work and determination can help you achieve your dreams.
- Moana: Characters show hard work, perseverance, and determination.
- The Good Dinosaur: You can confront and overcome your fears to discover who you are meant to be.
- Frozen: Dream big and never give up.
- Meet the Robinsons: Failure is a part of life, keep going and never give up.
- Up: Life is an adventure and it's never too late to follow your dreams.
- Finding Dory: "Just keep swimming..." Keep your head up and keep moving forward.
- Akeelah and the Bee: Believe in yourself and don't give up.

## Child Led Activity:



Have your child create a VISION BOARD.

Use pictures from magazines, newspapers, or photos that represent their specific hopes and dreams. Assemble on a poster board or bulletin board and hang in their room. Let them add quotes, pictures of inspirational role models, ribbons or other achievements to remind them to keep going and not give up.