How to Use Role Models to Teach Diligence

When your kid needs a nudge to overcome a challenge, encourage them to pretend to be (or imagine being) someone they admire.

1. NOTICE CHALLENGING MOMENTS
Notice when your child wants to give up, whether it’s because they have to do something they don’t enjoy (like putting away their toys) or because they are working on something that is hard to stick with (like working on a tough math problem).

2. TALK ABOUT A ROLE MODEL
Talk with your child about someone (a person they know, a famous person, or a character from a book or show) who could have given up when times got hard, but didn’t. Sometimes remembering the people we admire can serve as inspiration for how we want to be.

3. ROLE PLAY THE HERO
Ask your child to try their hard thing as the person or character they named earlier. For example, you could say, “Try it the way Aunt Maria would do it” or “What would Captain America do?”

4. TALK REGULARLY ABOUT IT
After your child tries role playing, ask them: Was it helpful? Why might it not be so helpful? What would make it more helpful? Note: If your child think this is silly because they know they’re not that person, tell them that’s the whole point! Make it a habit of talking about role models.