

When Do I Try My Best?



Concept
Learning Skills



Length
15-20 Minutes

Inquiry Prompts:

What can stop someone from trying their hardest at something?

- Is it only students who need to try their best at school? How do other people try their best in a school?
- How can someone commit to trying their hardest in the future?

Instructions

In this activity, students reflect on what it looks and feels like to try their hardest and assess their own effort.

- 1 Hand out the [effort self-assessment worksheets](#) to students. Ask them to fill out the assessment, and reflect on their results.
- 2 As a class, discuss the results of students' surveys. Come up with some benefits of trying your best at school.
- 3 Ask students to reflect on something they want to try harder at. How will they boost their effort in that area?

Message for students: Reflecting on how you feel about the effort you put into things can help you identify areas that you might need to work on. Ask yourself why you might not be putting your best effort towards a task or activity. Think about the help you would need to boost your effort, and ask for it.

Materials Required

- [Effort self-assessment worksheets](#)
- Pencils, colored pencils, or markers
- Computers (tablets, phones) with Internet access

Artifacts

Upload students' effort self-assessment to **Storyboard**. They can also use their answers as a basis for setting a goal about trying their best at a task in the My Goals section of Xello.

Effort Self-Assessment

Name: _____

Date: _____

Don't worry, this isn't a test. There are no wrong answers—just honest answers! Color in the answer that best reflects how hard you try at the following tasks.

	I don't try at all	I try a little	I try hard	I try my very best
I get my homework done on time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention when the teacher is talking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I respect my classmates. I treat everyone with kindness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I come to school with a positive attitude.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I follow directions in class.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I control my emotions. I don't act out when things get tough.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I ask for help when I'm not sure about something.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Describe a time you tried your best at something. What happened after you gave it your best effort?
