

Ready or Not

What's in Your Grit Pack?

Name: _ _ _ _ _

Self-Awareness
Grit & Resilience
Sprouts (7-9)
Volume One





Parent Guide

"Ready or Not: What's In Your Grit Pack?"

Ages 7-9 | Pillar: Grit & Resilience

Hi there,

Thanks for choosing **RootedSparks** - you're making a smart investment in your child's future.

Today's lesson isn't about making your child feel good about themselves. It's about teaching them that readiness is a skill they can develop, not a feeling they need to wait for.

Through Ember's story and a hands-on "**grit pack**" activity, your child will discover they already have internal tools for handling challenges. This isn't feel-good fluff - it's building evidence-based confidence that will serve them for life.

We're honored to help you raise a kid who knows how to handle hard things.

🧠 Why We Do This

Kids often think: "I can't do it—I'm nervous."

But feeling nervous doesn't mean they're not ready.

This lesson flips the script:

"I'm nervous and I'm ready—because I've done hard things before."

When a child knows they already have grit tools, they're more likely to use them when it counts.

🕒 How to Use This Lesson

We recommend spreading the lesson out over 3–5 days or even a full week or two depending on your learner's rhythm.

At the end, they'll have a simple takeaway: "When I looked in the mirror today, I saw a kid who..."

(And trust us—it's powerful.)



Parent Guide (continued)

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Want to Take It Further?

Try these questions this week to help spark a conversation:

- “What’s in your grit pack today?”
- “Which tool helped you last week?”
- “Want to hear one of mine?”

Next Step: The Full Curriculum

This lesson is just one spark. The full 4-week Grit + Self-Awareness journey goes deeper into:

- ✓ Motivation
- ✓ Accountability
- ✓ Resilience
- ✓ Decision-Making

 [Explore more at RootedSparks.com]

We’d Love Your Feedback

Have a few minutes? What landed? What didn’t?

www.rootedsparks.com/feedback or scan the QR code --->

Your insights shape what we build next—and help other families grow.



Bottom Line

Your child just practiced thinking like someone who tries anyway.

That’s how confidence is built—on action, not just affirmation.

Thanks for raising a kid who’s learning to do hard things.

 Thanks for growing grit with us. Explore more at RootedSparks.com

—**Kristin & Chris**, Founders of RootedSparks



☀️ Welcome, Young Adventurer!

Hi there! We're so **excited** you're here today. You're about to go on a special adventure with a very **wise** friend.

🦊 Meet Ember

This is **Ember**, a curious fox who loves exploring and learning new things - just like **you**! Ember has been on lots of **adventures** and has learned some pretty amazing secrets about being **brave** and **strong** on the inside.

Today, Ember is going to **share** one of those secrets with you. Are you ready to **discover** what's already inside you that makes you amazing?

🎯 Let's Begin!

Ember can't wait to share this **adventure** with you. Remember, there's no wrong way to do this lesson - just be **yourself** and have fun discovering how amazing **you** already are!






Ready? Let's go! 🚀





Words to Know- Grit Tools Edition

Before we start our adventure, let's get to
know some special Spark Words!

 Word	What It Means	Example Given	Your Turn: Write or Draw Your Own!
 Grit Tools	Special things inside you that help when something is hard or scary	Taking deep breaths when you feel worried	
 Brave	Doing something even when you feel a little scared	Trying something new or helping someone	
 Ready	Knowing you have what you need inside you to try something	Feeling nervous but knowing you can handle it	
 Inside Tools	Things like courage, kindness, and smart thinking that live in your heart and mind	Remembering a time you didn't give up	



The Grit Tools

Ember stood at the trailhead to Crystal Falls, his **heart pounding**. His first **solo adventure**—and he felt completely unprepared.

"I don't have what it takes," he whispered to himself.

Then he remembered last week, when **his rabbit friend** got **lost**.

Ember had been **scared then too**, but he'd **helped anyway**. He thought about the time he **fell off the log bridge**—**embarrassing**, but he'd **gotten back up and tried again**. That was **persistence**.

When everything felt **overwhelming**, he knew how to **take three slow breaths**. That was his **reset button**.

And when **big problems** felt **impossible**, he always asked himself:

"What's one small step I can take right now?"

Ember smiled. He didn't need **different gear**—he needed to **remember his grit tools**.

"I'm not unprepared," he realized.

"I'm just nervous. And that's okay."

He took his first step toward Crystal Falls, **carrying everything he needed inside him**.



Your Grit Tools

☀️ Let's Talk

Being ready doesn't mean you never feel scared or worried. It means you know what helps you when things get tricky.

Just like Ember discovered, being ready isn't about having perfect gear - it's about knowing what tools you carry inside you.

Today we'll pack your grit tools so you can use them whenever you need them!

Pack Your Grit Tools

Just like Ember found out, you already have special tools inside you that help when things get tricky!



What You'll Need:

- The "Grit Pack" template
- Pencil or crayons
- Your great brain (or messy brain, both are great!)

Instructions:

1. **Think** of 3 grit tools you carry inside you
2. **Draw** or **write** about each tool in your backpack:
 - A time you were brave (like when you tried something new or helped someone)
 - A time you didn't give up (like when something was hard but you kept trying)
 - Something that helps you feel better (like taking deep breaths or asking for help)

Write this at the top of your backpack: "These tools help me do hard things anyway."

Remember: These aren't feel-good memories - they're proof you can handle hard things. These tools live inside you - you don't need to buy them or find them. You already have them!



My Grit Pack



MY 3 GRIT TOOLS:



1.



2.



3.



☀️ Let's Reflect:

You Did It! Here's What That Showed.

You just took a step that most people skip—slowing down to notice what's already inside you. That's not easy. But it's where real grit starts.

You remembered moments when you showed courage, kept going after a setback, or paused to reset. These aren't just memories—they're tools. And you've got them in your pack now.

Let's talk about what that means.

🌱 Reflection Questions:

Let's Talk About It: (or think about it, or write about it)

- What tool in your pack helps you most when things get scary?
- Which grit tool do you forget you have when things get tough?
- When's the last time you did something even though you were nervous?
- What new tool do you want to add to your pack?



Share Your Spark

Share Your Grit Tools

Tell someone in your family about one of your grit tools. Then ask them: “What’s one of your grit tools?”

Draw or write both answers in your journal, or just remember it in your heart. (Spoiler: grown-ups need grit tools too!)

Bonus Grit Challenge

This week, try using one of your grit tools—on **purpose**.

Here are some ideas to spark you:

- ◆ Take three slow breaths before a tricky moment.
- ◆ Try again if something doesn’t go right the first time.
- ◆ Ask yourself: “What’s one small step I can take?”

At the end of the day, whisper to yourself:

“I used my grit today.”
Because you did.



End of Week Check-In:

This week I used my grit tools when:

- This week I used my grit tools when:
- The tool that helped me most was:
- Something hard I did anyway:
- Draw or write about a time you were proud of yourself this week:

Carry On the Spark

You Did It! Here's What That Showed.

You just took a step that most people skip—slowing down to notice what's already inside you. That's not easy. But it's where real grit starts.

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