

Grit-building Activity: The Rose that Grew from Concrete

Sometimes we must struggle against incredible obstacles. It can feel like they are impossible to overcome. Amazingly, we often end up finding we have the strength to break through the barriers we face.

Indicator: The student will apply concepts from practice exercises to strengthen their abilities to confront challenges.

Objective: The student will prepare in advance to overcome potential barriers on their path to success.

The student will list possible obstacles and solutions on their current path for achieving their goals, and choose a current problem for which to establish and integrate a plan of action for resolution.

Anticipation Questions for Discussion

1. Describe a time in the past when you overcame an obstacle that felt impossible at the start. The obstacle can be anything. Maybe it was a fight with your best friend, and you found the strength to ask for forgiveness, or you were the one who forgave. Maybe it was when you decided to arrive on time to class every day for a week and you did it. Find an instance of when you set your mind to beat the odds when you felt they were against you.
2. What do you know about the author of this poem, Tupac Shakur?

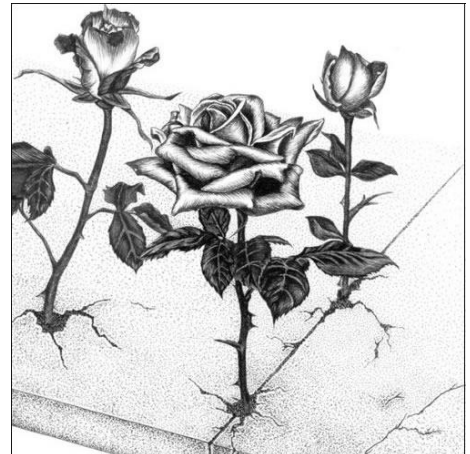
Review Image and Read Poem Aloud with the Class

The Rose that Grew from Concrete

Did you hear about the rose that grew
from a crack in the concrete?
Proving nature's law is wrong

It learned to walk without having feet.
Funny it seems, but by keeping its dreams,
it learned to breathe fresh air.
Long live the rose that grew from concrete
when no one else ever cared.

- Tupac Shakur



Question for Discussion

3. Think about ways you are like the rose. Make a list of things the concrete could represent in your life.

Read Aloud Together

Observation is the first step to being able to identify what may be blocking your way. It's impossible to move something or learn to find your way around it if you don't know what you're looking for or where it is. Check out the images below for other examples of what we can learn from nature.

Review Images of Trees Together

Here we have an example of the various hurdles trees must overcome to continue growing taller, prouder, and stronger. The objects don't get in their way. Instead the trees find ways to get by them. Nature is full of examples of grit, like the trees in these pictures.

There are a number of different examples that we can follow in nature. Take a moment to observe what is around you and learn from it. Look up, down and all directions. Think about all the other living things that surround us.

Questions for Discussion

4. Look around outside. What are other examples you see?
5. What obstacle are you trying to overcome right now? The problem can be related to anything from school, friends, family or work. Anything that is holding you back from achieving what you want.
6. What steps do you need to take in order to break through the barrier and find a solution?
7. Thinking about the lessons you can learn from nature, determine a plan that could help you resolve the problem. List the next 3 steps you are going to take to help yourself find a solution.

Read Aloud Together

The rose found a tiny crack to grow through.

Some of the trees seemed to grow right through the obstacles and at other times around them.

Taking the time to observe the natural world around us and grow from it is one way we can start to look for solutions.

Being open to the idea, even if it seems crazy, is how we can start to open up to the beauty around us.

Solutions are all around us once we start to pay attention.

Watch a Video (Optional)

Watch the video of another example where we can learn from nature.

Here we have an example of the various hurdles trees must overcome to continue growing taller, prouder, and stronger. The objects don't get in their way. Instead the trees find ways to get by them.

Trees in Junkyards: <http://www.youtube.com/watch?v=yjcsX0zJsRA>

Visit <http://eduguideblog.wordpress.com> for more information about this activity and more EduGuide tools.

Activity: The Rose that Grew from Concrete

Sometimes we must struggle against incredible obstacles. It can feel like they are impossible to overcome. Amazingly, we often end up finding that we have the strength to break through the barrier.

1. **Describe a time in the past when you overcame an obstacle that felt impossible at the start.** The obstacle can be anything. Maybe it was a fight with your best friend, and you found the strength to ask for forgiveness, or you were the one who forgave. Maybe it was when you decided to arrive on time to class every day for a week and you did it. Find an instance of when you set your mind to beat the odds when you felt they were against you.

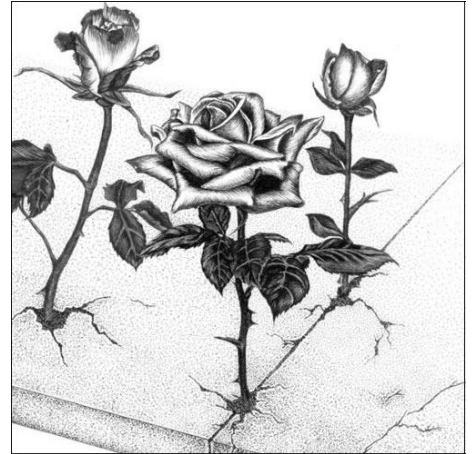
2. **What do you know about Tupac Shakur, the author of the poem below?**

The Rose that Grew from Concrete

Did you hear about the rose that grew
from a crack in the concrete?
Proving nature's law is wrong

It learned to walk without having feet.
Funny it seems, but by keeping its dreams,
it learned to breathe fresh air.
Long live the rose that grew from concrete
when no one else ever cared.

- Tupac Shakur



3. **Think about ways you are like the rose. Make a list of at least 3 things the concrete could represent in your life.**

Observation is the first step to being able to identify what may be blocking your way. It's impossible to move something or learn to find your way around it if you don't know what you're looking for or where it is.



Here we have examples of the various hurdles trees must overcome to continue growing taller, prouder, and stronger. Obstacles don't get in their way. Instead, the trees find ways to get by them and grow anyway. Nature is full of examples of grit, like the trees in these pictures.

4. Look around outside. What other examples do you see? There are a number of different examples we can follow in nature. Take a moment to observe what is around you and learn from it. Look up, down and all directions. Think about all the other living things that surround us.

5. What is one obstacle you are trying to overcome right now? The problem can be related to anything from school, friends, family or work. Anything that is holding you back from achieving what you want.

6. What do you need to do in order to break through the barrier and find a solution?

Thinking about the lessons you can learn from nature, determine a plan that could help you resolve the problem. List the next 3 steps you are going to take to help yourself find a solution.

1. _____

2. _____

3. _____

The rose found a tiny crack to grow through. Some of the trees seemed to grow right through the obstacles and at other times around them. Taking the time to observe the natural world around us and grow from it is one way we can start to look for solutions.

Being open to growth, even if it seems crazy, is how we can participate in the beauty of nature. Solutions are all around us, once we start to pay attention.