

Welcome to Hidden Sparks Without Walls. We will be starting at 8:30pm.

To alleviate background noise and ensure a quiet session, your audio connection has been muted.

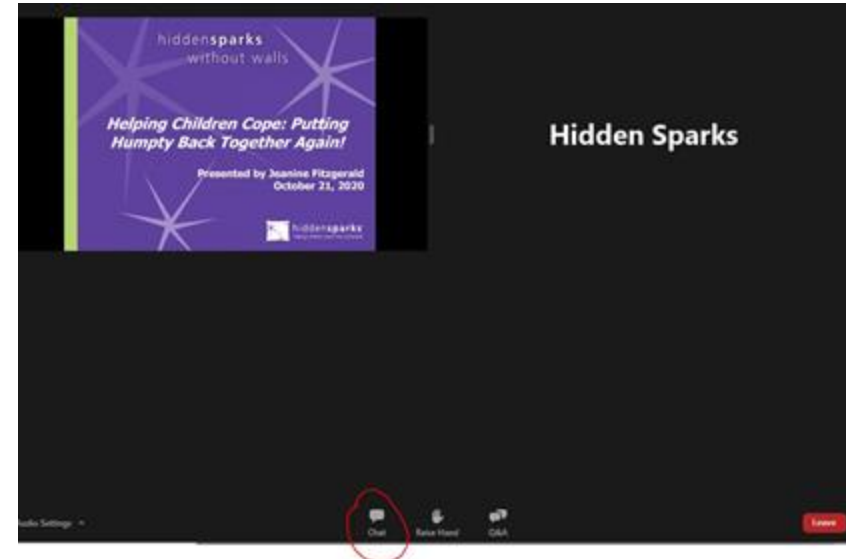
Chat: Asking Questions & Sharing Thoughts

You are encouraged to ask questions and share your thoughts on the chat.

Please activate the chat feature on the bottom of the screen. You may choose to chat to panelists and all attendees or just panelists.

Audio:

If you would like to call in via phone for audio, please look up the call in number, webinar id, and passcode information on your webinar invite.



ABOUT HIDDEN SPARKS

Hidden Sparks helps educators and Jewish day schools nurture the Hidden Spark within each student, facilitating professional development to increase understanding and support for the broad range of learners in the classroom.

Offerings include:

- award-winning **Learning Lenses** course on understanding learning and behavior
- 1:1 **coaching** for teachers
- **Internal** and **Peer Coach mentoring** within schools
- workshop on **Differentiating Instruction**
- **Hidden Sparks Without Walls** webinar series
- **Parent Learning Center** (PLC)

hiddensparks
without walls

***Perseverance: Helping our children get
comfortable being uncomfortable***

**Presented by Yonina Lerner
Tuesday, October 21, 2025**



hiddensparks
helping children reach their potential™

Our Guest: Yonina Lerner



Yonina Lerner is a licensed N.Y. State teacher with a Masters in Elementary Education and a Masters in Judaic Studies. With over 18 years of experience in education, Yonina has taught almost every grade level and subject in elementary and middle school. As the founder of Kidkoach, Yonina coaches and mentors teachers and parents to become healthy advocates for children and learn strategies and skills to help them succeed. Yonina is the author of the children's book, "A Kids Book About Perseverance" which teaches children the value of continued effort towards the things they love, even when it gets hard. To see what else she is up to and to learn more about Kidkoach, you can head to @Kidkoach on instagram!

Overview of the Session

WELCOME!

- WHO AM I?
- HAVE A LITTLE FUN
- LEARN A LITTLE
- GET PRACTICAL
- STOP AND REFLECT



Session Goals

- **DEFINE AND UNDERSTAND PERSEVERANCE:**

REALLY GRASP WHAT PERSEVERANCE MEANS FOR CHILDREN AND FOR OURSELVES AS ADULTS.

- **LEARN PRACTICAL, READY TO USE STRATEGIES:**

GAIN HANDS-ON TOOLS SO SIMPLE AND POWERFUL, YOU'LL BE ABLE TO START USING THEM TOMORROW WITH STUDENTS AND CHILDREN.

Group Norms

- PHONES AWAY
- ADD TO THE CONVERSATION
- RESPECTFUL DISAGREEMENT
- ALLOW YOURSELF TO QUESTION
- HAVE FUN!



Who Am I?

THE FUN STUFF:

- LOVE TO EAT
- RECOVERING PERFECTIONIST
- OBSESSION WITH GROUNDHOGS
- ALWAYS STANDING



THE BORING STUFF:

- CERTIFIED TEACHER AND MENTOR
- ELEMENTARY AND M.S. TEACHER
- CURRICULUM COORDINATOR
- FOUNDER OF @KIDKOACH

Have a Little Fun

THIS OR THAT!

PARENT/TEACHER
EDITION...



This Or That?



- GET YOUR CHILD TO EAT ONE MORE BITE OF VEGETABLES
- CLEAN ONE MORE TOY OFF THE FLOOR

This Or That?



- DO BEDTIME ONE MORE TIME TONIGHT
- DEAL WITH MORNING CHAOS FOR THE NEXT WEEK STRAIGHT

This Or That?



- DEAL WITH A PARENT EMAIL ASKING FOR MORE HOMEWORK FOR THEIR CHILD
- DEAL WITH A PARENT EMAIL ABOUT THEIR CHILD FIGHTING DURING RECESS

This Or That?

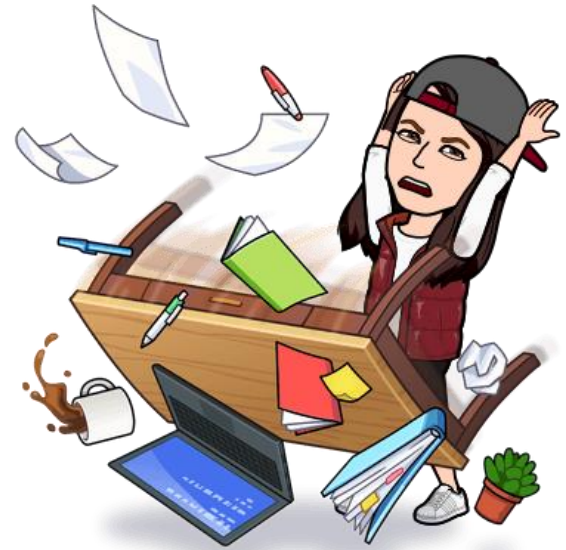


- A STUDENT WHO ASKS THE SAME QUESTIONS OVER AND OVER
- A PARENT WHO ASKS THE SAME QUESTION OVER AND OVER

PERSEVERANCE:

THE ABILITY TO KEEP DOING
SOMETHING EVEN THOUGH IT IS HARD.

WHAT DO YOUR PERSEVERANCE SKILLS LOOK LIKE?



TELL ME ABOUT A TIME YOU HAD TO
DO SOMETHING HARD.
DID YOU SUCCEED?
IF YES, WHY?
IF NOT, WHY?

WHY?

- INSTEAD OF WEIGHING OUTCOMES AND MAKING DECISIONS TO SOLVE PROBLEMS, CHILDREN ARE IMMEDIATELY TURNING TO GROWN-UPS FOR SOLUTIONS. WHEN THINGS DON'T WORK OUT, THEY SIMPLY GIVE UP.
- EVEN WITH DAY-TO-DAY PROBLEMS, KIDS SHRUG THEIR SHOULDERS AND WAIT FOR SOMEONE ELSE TO COME HELP.

Here's Where You Come In...

- BEING A TEACHER AND PARENT MEANS YOU HAVE A CHANCE TO MAKE A REAL DIFFERENCE IN A CHILD'S LIFE. IT MEANS YOU ARE TAKING ON THE TASK OF DEVELOPING YOUNG PEOPLE INTO KIND, THOUGHTFUL AND CONTRIBUTING ADULTS.
- IT ISN'T ALWAYS PRETTY OR DREAMY - BUT INCREDIBLY REWARDING.

We Need You!

- KIDS ARE BEGINNING TO FACE TASKS THEY DON'T YET HAVE THE SKILLS TO NAVIGATE AND HAVE QUESTIONS THEY DON'T HAVE ANSWERS TO - AT ALL AGES AND STAGES.
- PARENTS AND TEACHERS ARE THE ONES WHO WILL SET THE STAGE FOR HOW KIDS FACE AND REACT TO DIFFICULTIES AND OBSTACLES! A HUGE RESPONSIBILITY!

Scenarios

- WHEN HAVE YOU SEEN KIDS FRUSTRATED?
- WHEN HAVE YOU SEEN THEM GIVE UP?
- WHAT TASKS GIVE THEM THE MOST TROUBLE?
- TELL ME IN THE CHAT BOX!



VALIDATE

LET KIDS KNOW THEIR FEELINGS ARE NATURAL. YOU WILL BE THERE AS A SOUNDING BOARD WHILE THEY FIND SOLUTIONS. YOU BELIEVE THEY ARE BRAVE ENOUGH TO FIGURE IT OUT. ALLOW THEIR FRUSTRATIONS TO SIT FOR A BIT. ALLOW WAIT TIME.

Let's Try It

WHAT WOULD YOU LIKE TO DO ABOUT THAT?

OBSTACLES VS OPPORTUNITIES

SOMETIMES KIDS GET IT WRONG - AND THAT'S OK. WHEN THEY TRULY UNDERSTAND THIS, THEY WILL BE MORE WILLING TO TAKE RISKS AND PROBLEM SOLVE CREATIVELY. TEACH THEM TO SEE OPPORTUNITIES.

Let's Try It

WHIP OUT YOUR HMW'S:
HOW
MIGHT
WE



HEADS UP!

LET KIDS KNOW WHEN SOMETHING WILL REQUIRE TIME AND PERSEVERANCE. GIVE THEM A HEADS UP THAT THE TASK MAY NOT BE ACCOMPLISHED IN ONE SITTING. BRING EXAMPLES: SPORTS PLAYERS, MUSICIANS - WHAT WE SEE IS WORK THAT TOOK MANY SITTINGS!

Let's Try It

WHAT WE'RE DOING RIGHT NOW MAY TAKE TIME TO FINISH. LET'S DECIDE HOW WE CAN BREAK THIS UP INTO SMALLER PIECES/GOALS.



EFFORTS VS RESULTS

WHEN WE PRAISE EFFORTS RATHER THAN RESULTS, WE HELP CHILDREN UNDERSTAND THAT THEIR BRAINS ARE ELASTIC.

THE RIGHT ACTIONS OR BEHAVIORS CAN HELP THEM MASTER NEW SKILLS.

Let's Try It

INSTEAD OF: "YOU DID YOUR BEST" / "AT LEAST YOU TRIED"

TRY: "HOW DO YOU THINK YOU CAN GO ABOUT THIS NEXT TIME?"

"I LIKE THE STRATEGY YOU USED TO SOLVE THIS."

FAIL.

WHILE WE TALK TO OUR STUDENTS ABOUT PERSEVERING AS THE KEY TO SUCCESS - WHAT HAPPENS WHEN WE DO PERSEVERE BUT WE DON'T SUCCEED?

Let's Try It

SOMETIMES WHEN A STRATEGY I AM USING
DOESN'T WORK, I NEED TO PIVOT.
WE CAN TRY A NEW STRATEGY!



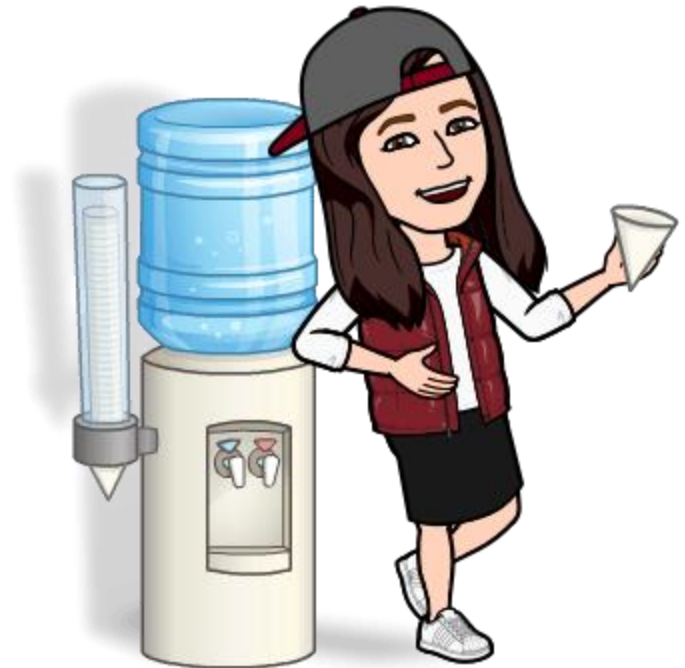
DON'T STOP TALKING ABOUT IT!

READ BOOKS!

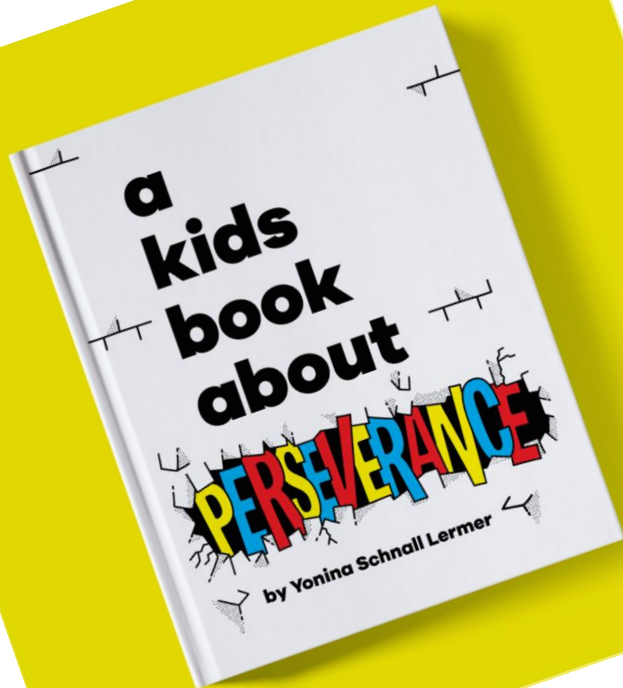
TALK ABOUT YOUR OWN LIFE!

POINT OUT YOUR OWN STRATEGIES!

MAKE CONNECTIONS!



Let's Try It



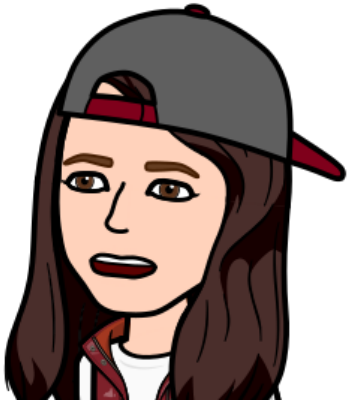
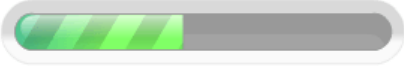
MODEL MODEL MODEL

OBSTACLES ARE NOT JUST FOR KIDS.
BE TRANSPARENT AND SHARE ABOUT
MOMENTS WHERE YOU PERSEVERED
OR FAILED!



Reflect

THINKING...



WHAT IS SOMETHING YOU
LEARNED TODAY?

WHAT IS A THOUGHT YOU HAVE?

...A QUESTION YOU HAVE?

Upcoming Hidden Sparks Without Walls Sessions

Wed., November 19, 2025	Cultivating Resilience—Tools for Regulation and Renewal for Educators Presented by Inez Tiger
Tues., January 6, 2026	From Text to Experience: Bringing Experiential Education into Your Judaic Studies Classroom Presented by Sarah Gordon

**If you are interested in bringing
Hidden Sparks**

to your school or city, please contact us:

[212-767-7707](tel:212-767-7707) or rabbihus@hiddensparks.org

Contacting Hidden Sparks

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www.facebook.com/HiddenSparks



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