

Sophie is Persistent

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This story is from the still-in-progress
Sophie Feels Big, a recasting of
(completed book) Jack Feels Big.
Go to JackFeelsBig.NZ to find out the four other
feelings in Jack Feels Big, sign up for updates and
access other free resources.

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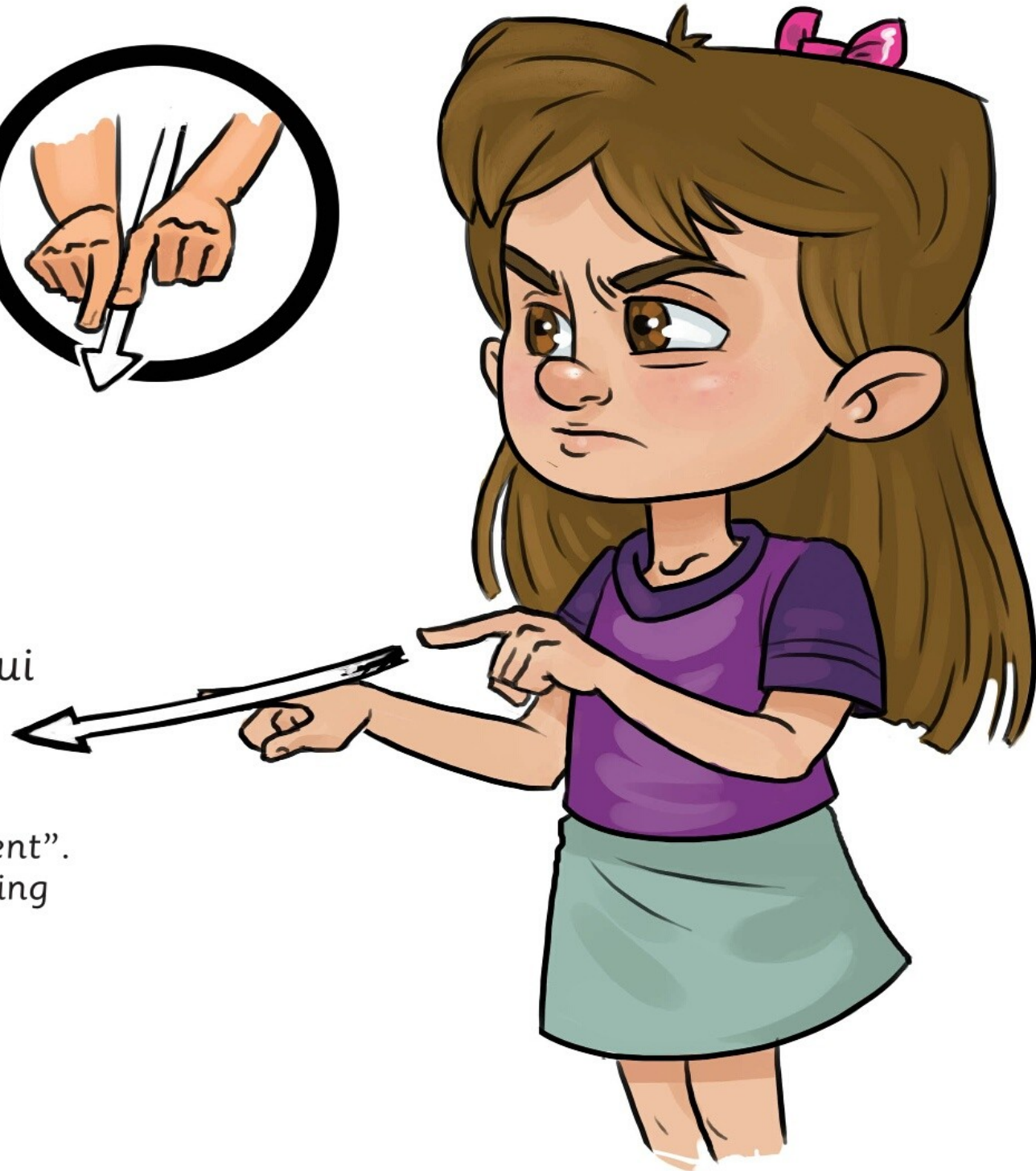
Persistent Manawanui

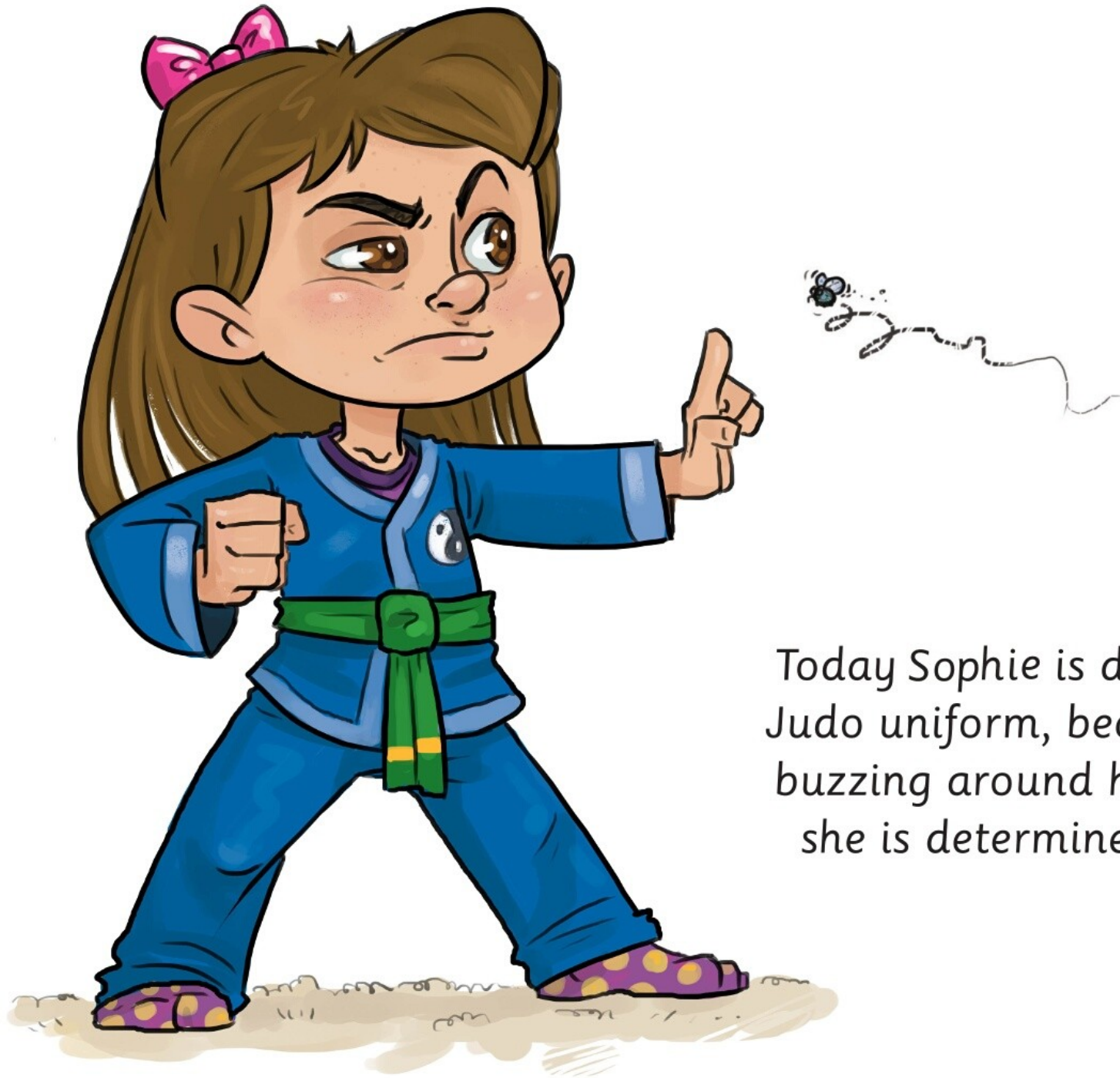
(Ma - na - wa - nui)

(Mana - wanui)

Be persistent = Kia manawanui

There isn't an exact sign for "persistent".
You can sign "try, try, try" by repeating
the sign for try (above) three times,
alternating right and left hands.



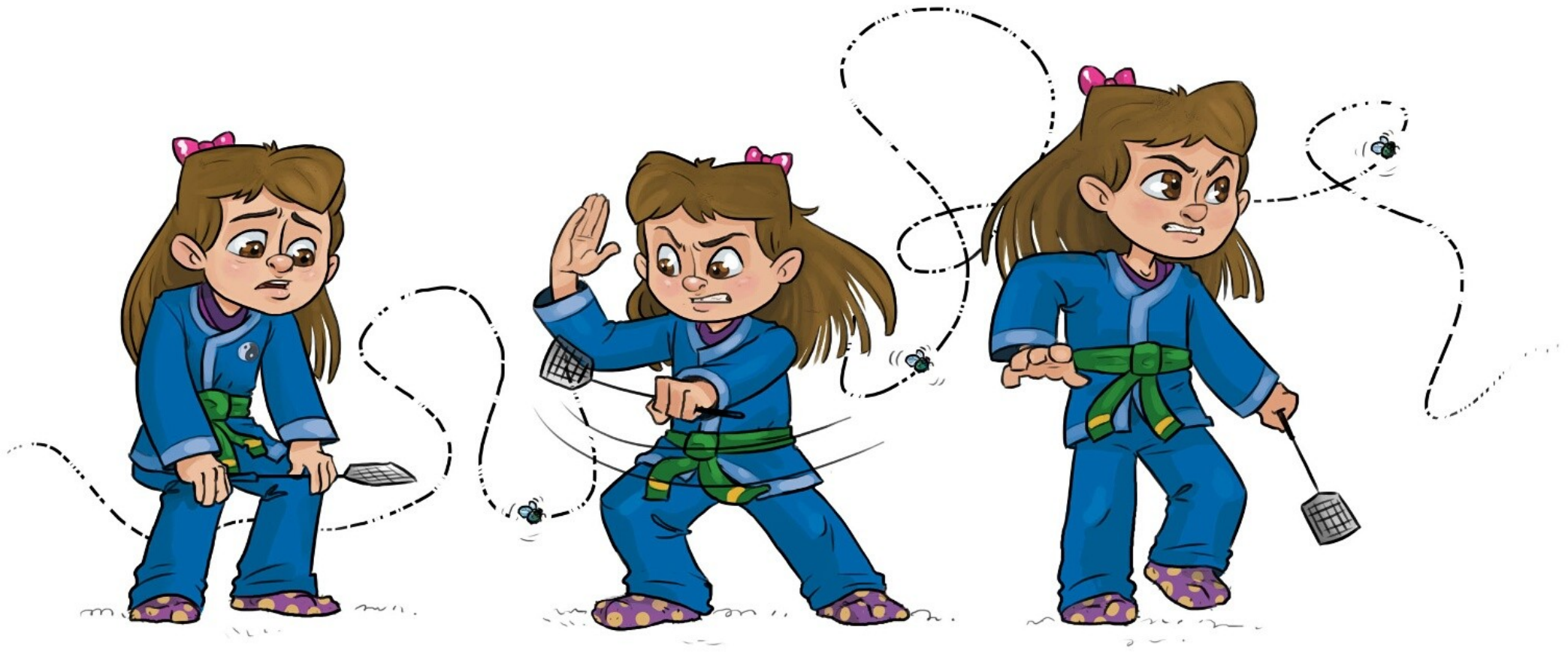


Today Sophie is dressed in her Judo uniform, because a fly is buzzing around her room and she is determined to swat it.

She swats high
and she swats low.



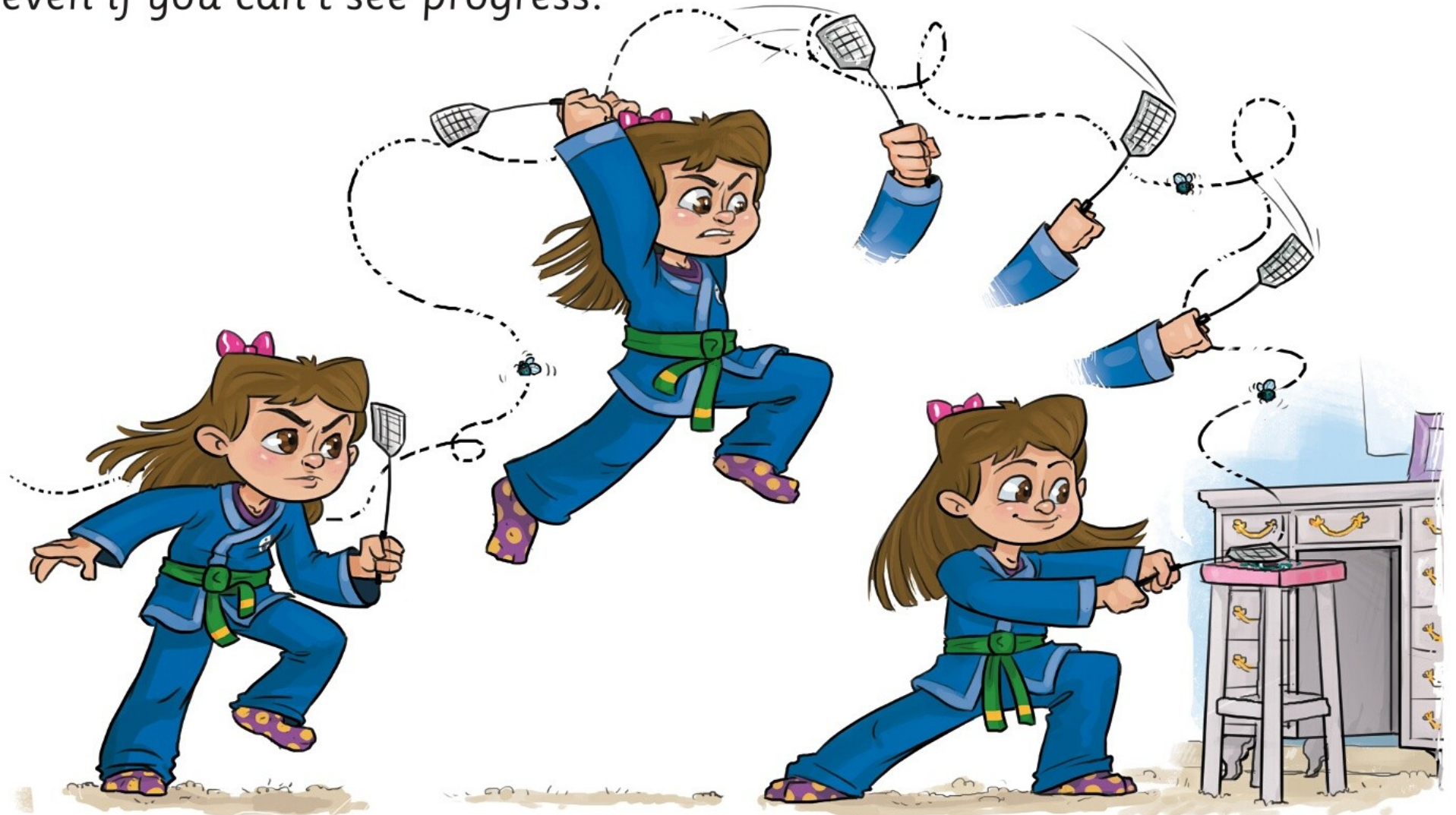
It's hard work, but she keeps on swatting.

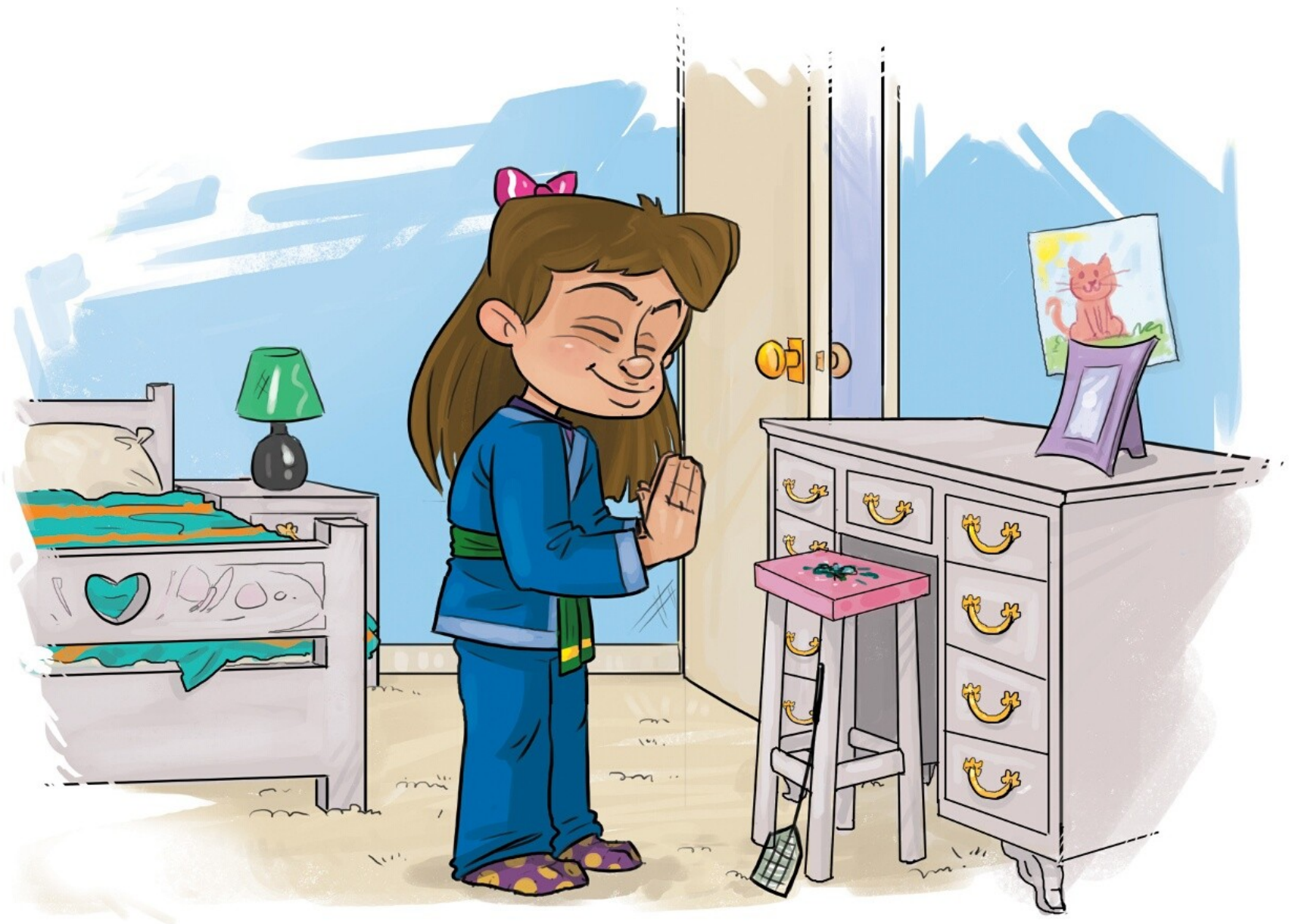


She still hasn't squashed the fly,
and she feels like giving up,
but she keeps on swatting.



Persistence is when you keep working at something, even if it's hard and even if you can't see progress.





Finally, Sophie's persistence pays off.

Sometimes it seems like Jack's feelings change as often as his costume!

It's okay to feel all sorts of feelings, and it's great
to know what the feelings are called.

It is important to remember that we choose how we react.



Find out more at JackFeelsBig.NZ