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Stickley Sticks To It!: A Frog's Guide to Getting Things Done

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Stickley is a frog, and because he’s a frog he has special sticky toes that help him get around. But this unique “stick-to-it-ness” isn’t limited to his feet; Stickley also has an attitude that helps him stick with things, like projects and goals. The book follows Stickley as he works on his project for the science fair, builds a tower, and even writes a speech for his school. Even though there are sometimes barriers and challenges for Stickley in pursuing his goals, he always sticks with it and succeeds. In the end he even teaches his class how to make a plan and stick to it.

This publication by the American Psychological Association helps teach children an important concept in a simplified and memorable way: grit, or perseverance and courage in the face of obstacles. The end of the book provides ideas for parents, caregivers, and educators in using this book to teach children self-regulation and grit at home and at school. Each of strategies Stickley uses during the book to keep going even when things are hard are described in detail, such as making a plan, taking a break, going back to work after the break, thinking about problems in a new way, and asking for help when needed. The illustrations are colorful and inviting, creating a fun and easy way for children to learn strategies for sticking with their goals and plans even when they face obstacles along the way.