

# Overcoming Hurdles

“You’re almost there . . . Come on, you can do it!”

When you’re playing a sport, it helps to have someone cheer you on. Sometimes it might feel impossible to jump that last hurdle or reach the top of the climbing wall. But with friends and teammates to encourage you, overcoming challenges gets easier.

Similarly, difficulties in life are more manageable when we have someone rooting for us. Have you ever

had a family member give you a pep talk when you felt down? Has a teacher or coach ever told you that you could do something, even when you doubted it yourself? If you’re struggling to persevere, getting support can make a big difference, right?

You can offer your positive energy and inspiring words to others, too. Let them know that you believe in them. With a little help, we can find the strength to reach our highest goals.

These kids are tackling challenges. Find eight letters in the scene to reveal a quote that can encourage them.



Letters Found:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

“Cou\_\_eous\_\_ mee\_\_n\_\_ ove\_come\_\_he m\_n\_\_  
 o\_s\_\_c\_es\_\_h\_\_ s\_\_n\_\_ in\_\_ou\_\_ w\_\_ . . .  
 Ou\_\_ff\_ics\_ions\_\_, \_es\_s\_\_n\_\_ \_\_i\_\_s\_\_e  
 some\_imes\_\_ \_\_essin\_s\_\_ in\_\_is\_uisse . . .” –Bahá’í Writings