

# Developing Minds

## Superheroes

It is common for children to struggle to persist through difficult tasks. A recent study, however, gives insight into what might help a child persist. Researchers found the concept of “self-distancing,” which occurs when a child takes on the persona of a person outside themselves, can foster better perseverance. When children dressed up as a character like Batman or Rapunzel, they persevered on a task longer than those who did not dress as these characters.

[Article](#)



## Caregiver Tip!

When your child needs to persist through a task, encourage them to imagine a favorite character, and even dress up as them!

