

MISTAKES AND LEARNING



What's the job of being a kid? *(Hint... To learn!)*

Would learning happen without mistakes?

Does everyone make mistakes?

How does making and fixing mistakes help us? *(Hint... Makes our brains grow).*

What are we supposed to learn from mistakes we make? *(Hint... Perseverance and skills).*

If we give up when something's hard, do we learn and grow?

Do challenges or easy things make us stronger?

What are some of the feelings you have when you make mistakes?

Do you allow yourself to make mistakes or do you get upset with yourself?

Do you think being nice or mean to yourself makes you learn faster?

How can you practice being nice to yourself when you make a mistake? *For example, what can you say to yourself?*

LEARNING NEW THINGS

What are some things you'd like to get better at?

What is effort? Does it matter?

Will your dreams come true without working on them (putting in effort)?

Is it important to learn some things you don't even like to do? Like what?

Should we focus more on success or effort? Why?

How will you feel when you're trying hard but not getting it?

Will you quit if it feels hard?

If you're having trouble learning something, what can you do?

Get help, try it a different way, take a break (especially if you need to calm down), take some deep breaths, use self-talk.

YET thinking! I'm not good at this ...

How will you feel when you put in effort and finally get good at the things you're learning?

To learn, I need to...

Be brave

Practice

Try

Fail

Get help

Be nice to myself

Practice more

Fail more

Don't give up

Start to get better

Probably fail again

Keep trying

Succeed!!

Don't give up. You're just not there YET!!



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Better Behavior: Helping Kids Create Change and Improve Relationships, by Noah Kempler, PsyD. Available at [Amazon.com](https://www.amazon.com)