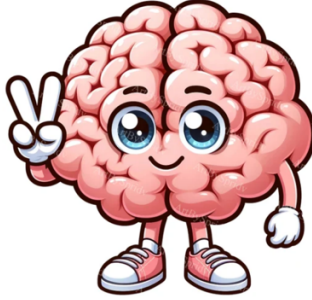


MISTAKES AND LEARNING



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

Would learning happen without mistakes?

Does everyone make mistakes?

How does fixing our mistakes help us? *(Hint... helps us take responsibility and learn).*

What are some of the feelings you have when you make a mistake?

Do you think being nice or mean to yourself makes you learn better from your mistakes?

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 is something you're learning to do?

What is effort? Does effort matter?

Will you get better at things if you give up when it gets hard?

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

Should we focus more on **being the best** or **trying our best**? Why?

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

What is **perseverance**? Will you quit if you're learning something and it feels hard?

What can you say to yourself (self-talk) if things get hard when you're learning?

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

How will you feel when you put in effort and finally get good at the thing 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

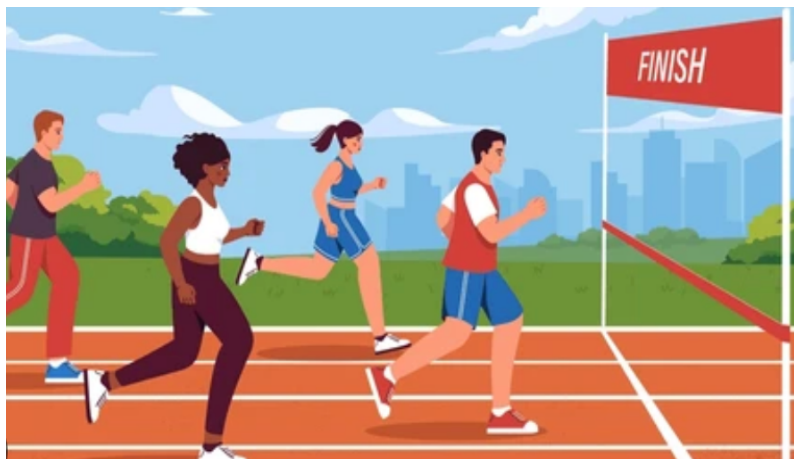
Start to get better

Probably fail again

Keep trying

Succeed!!

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



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