

DO THIS AT HOME
Talking About Mistakes

Try this activity at home to reinforce what your child learned about making mistakes and learning from them.

What Your Child Will Learn

We all make mistakes and can learn from them. Your child must learn not to become frustrated or overwhelmed by mistakes, but to learn from them. Your child will gain tenacity, determination, and a sense accomplishment when you help her discover how to overcome mistakes without losing her pride or sense of self.

Materials Needed

Regina's Big Mistake by Marissa Moss (or another book with the theme of turning mistakes into successes) (optional)

What to Do

- ▶ Whether you are reading the story with your child or just talking together, the following are good discussion topics and open-ended questions to help talk with your child about making mistakes, and dealing with frustration.
- ▶ Ask the children what “mistakes” are.
- ▶ Share what you think a “mistake” is (something you didn’t mean to do, a mess-up, an accident, a goof, and so on).
- ▶ Share a time you made a mistake.
- ▶ Talk about how it feels to make mistakes.
- ▶ Talk about what you learned when you made a mistake and what you might do differently the next time you are in that situation.
- ▶ Ask your child how she feels when she makes a mistake.
- ▶ Talk about ways to deal with frustration. Some ideas include:
 - ◀ taking a break and then coming back to the situation,
 - ◀ taking a deep breath or counting slowly to 10, and
 - ◀ cleaning up a mess or finding a way to correct the mistake.

NOTE: As your child grows older and more confident, applaud her progress and encourage every attempt to:

- ▶ Persist with activities,
- ▶ Try new things,
- ▶ Find new ways to solve a problem,
- ▶ Concentrate on a task,
- ▶ Choose to do a task that was challenging, and
- ▶ Make decisions herself.

Each of the behaviors mentioned above relates directly to your child’s initiative. With a strong sense of initiative, your child will be ready to take on risks and challenges with grace and confidence.

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.