

MISTAKES HELP US IMPROVE AND GET BETTER!



When you're able to respond to a mistake by focusing on how you can learn from it rather than on what you did wrong, mistakes become really helpful. A Mistake Ritual is a small action or movement that is meaningful to you and can help you bounce back from a mistake rather than being discouraged and quitting. By creating your own Mistake Ritual you can regain your focus and try again.

TRY THIS!

Step 1. Think about a mistake you've made recently and draw a picture of it in the rectangle below. Write what the mistake was in the space next to it and describe how you felt when you made it.

A large red rectangular box intended for drawing a picture of a mistake.

Step 2. Create a Mistake Ritual that you can use to remind yourself that mistakes are part of learning. Your Mistake Ritual can be an action, a word or phrase, or a combination of an action and a word. Make it easy to remember so it can keep you from being discouraged or quitting.

Some examples:

"No sweat." Wipe your fingers across your forehead like you're wiping away sweat. "No sweat. I've got this. Let's go!"

"Brush it off." Brush off your shoulder like you're brushing away your mistake. "Brush it off. I can do better!"

Describe your Mistake Ritual here:

Step 3. Show someone in your family your new Mistake Ritual. Explain how you'll use it when you make a mistake so you don't get discouraged and quit, but will learn from that mistake. Ask them to remind you to use it if they see you getting discouraged by mistakes.

Step 4. Look back at the mistake you wrote about in **Step 1**. What can you learn from that mistake so you're less likely to make the same mistake again? Who could help you do better next time? Write your answers here:

Use your Mistake Ritual any time you make a mistake. Remember, don't let the fear of making a mistake hold you back; keep trying new challenges!