

# Cultivating positive habits and building resilience

## A resource pack for young people

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 achieving  
for children

 Are you OK  
Kingston?

 Are you OK  
Richmond?



# Grow Your Mind



**Week 7:  
Learning  
from failure  
and  
mistakes**



# Learning from failures and mistakes

This week focuses on learning from failure and mistakes

## *Why is this important?*

Mistakes are vital steps in the learning process. Acknowledging and valuing the place of mistakes as part of a longer journey to success can help us to keep trying even when we feel we have failed.



# How can we grow this area of our mind?

Learning  
from  
mistakes

Asking for  
and  
accepting  
feedback

Practicing  
using self-  
evaluation



# Learning from our mistakes

It can feel painful and difficult to make mistakes. However, every mistake, error or failure is actually an opportunity to learn. We just need to learn to 'catch' those moments and see if we can look at them from a different perspective.



**What do you see  
in this image?**



# Taking a different perspective

*Some people see an old woman*



*Some people see a young woman*

Within the same image it is possible to hold two different perspectives. We can challenge ourselves to reframe our challenges, mistakes and those situations we experience as failures in the same way. We can try to find an alternative perspective where we see what we have learned instead of what we got wrong. Let's look at some examples...



# Learning from our mistakes

Let's try to take a different perspective on these situations...

You get a question wrong on a test



It helps you to know which part of the topic you need to focus your revision on

You do not win the race you were competing in



You can talk to others in the race and learn from other people's training techniques

You say something unkind to a friend



You can reflect on the impact we have on others. Understanding we have upset someone can help us to focus on being kind in future



# Asking for and accepting feedback

Another way we can learn from our mistakes or challenges we face is through feedback from others. When people offer us feedback it can help us to understand where we went wrong and how to improve next time. Here are some examples:

That was a great dive. Next time try bending your knees even more.

You have been so helpful this week.  
Thank you for being such a kind friend

Well done for finishing this essay on time. Next time try to save some time to check your spelling.

The way we handle and respond to feedback makes a difference to how others treat us, what could you say or do in response to this feedback?

- Grab a pen and paper
- Take 2 minutes and write down how you would respond to these examples





# Self-evaluation

We can also give ourselves feedback to support ourselves to keep learning from the challenges we face. Self-assessment helps us to become critical thinkers and take responsibility for our learning.

Did I ask questions if I needed help?

Did I work as hard as I could have?

Did I spend enough time on the task?

Am I proud of the effort I put in?

If you answer no to any of these, that's ok, it's a starting point to understand why that wasn't possible and to try again next time and learn from it.



# Summing up

1. What 3 things have I learned?
2. What 2 things do I want to find out more?
3. What 1 question do I still need to ask?

## Resources:

<https://camhs.cnwl.nhs.uk/children/cope-ometer/>

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>



We hope this session has been helpful  
There is a word document you can access with some  
more activities.

Next week...

Problem solving!

