



Parent Info:

This week focuses on the value that can come from experiences of failure and making mistakes.

Why is this important?

Failure and making 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 children to keep trying even when they feel they have failed.

How can we grow this area?

We can help children to develop their resilience in the face of failure by supporting them to recognise what they have learned from difficult experiences. We can also encourage them to seek and accept feedback from others. This is important as without feedback we might not know where we have gone wrong, which makes it harder to learn.

Worksheets included:

- 1) **Flip that flop:** This worksheet helps children to practice turning a mistake into a learning experience.
- 2) **Accepting feedback:** This activity offers a chance to talk and practice how we can accept feedback.
- 3) **Self-assessment:** This record chart encourages children to also assess their own progress and learning which can support them to understand mistakes as part of a longer learning process.

4) **3-2-1**: As a thread across all topics, each week the 3-2-1 exercise to promote a growth mindset will be included. It encourages reflection and curiosity.

Flip that Flop

Making mistakes is part of our journey to learning. Mistakes and experiences of failure happen, they are nothing to be ashamed of, and they help us to better understand what we need to work on to keep improving our skills. This worksheet helps us to practice turning a mistake into a learning experience:

Describe the
mistake or
failure:

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Write down
something you
learned
from this
experience:

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Can you think of any other examples?

Why not have another go and draw your own flip flops!

Accepting feedback

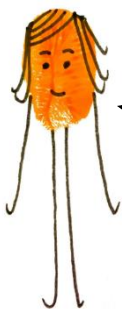
Another way we can learn from our mistakes or challenges we face is through feedback from others. When people offer us feedback it can help us to understand where we went wrong and how to improve next time. Here are some examples. The way we handle and respond to feedback makes a difference to how others treat us, what could you say or do in response to this feedback?



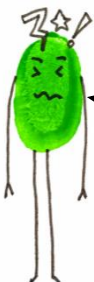
Great job on your picture, next time you can try doing some shading to make it look even more realistic!



I felt like you ignored my idea and that made me feel sad.



Well done, those star jumps were good! Next time, really bend your knees and you can jump even higher!



When you scream and shout it gives me a headache, please can you talk to me using your indoor voice?



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Self-assessment

We can also give ourselves feedback to support ourselves to keep learning from our mistakes. This chart was designed for a young person who wanted to be a better friend. They decided to keep track of some of the important qualities a good friend has. By using this table and checking in on how often they show these qualities they could better see which area they needed to focus on. You can have a go at filling it in too and check if there is anywhere you can improve:

	<i>All the time</i>	<i>Some of the time</i>	<i>Not at all</i>
<i>I treat others with kindness and respect</i>			
<i>I listen when others are speaking</i>			
<i>I wait my turn</i>			
<i>I am helpful</i>			

Why not create your own chart for whichever skill or activity you want to keep learning from?

3-2-1 Exercise

What 3 things have I learned?

1.

2.

3.

What are 2 things that I want to find out more about?

1.

2.

What 1 question do I still need to ask?

1.