

# you can find a way

LEARNING HOW TO HAVE A GROWTH MINDSET



# A guide to the symbols you'll find:



**CLOCKS:** This shows up at the beginning of each section to let you know how much time it should take. Pick and choose the things that will fit your schedule!



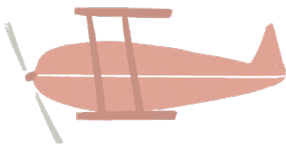
**TIP FOR GROWN UPS:** Here are some really helpful tips that apply to helping kids learn any topic!



**CUTOUT:** You'll need to print this page off and cut it out to use it!



**SUPPLIES:** You won't need glue necessarily, but this will be next to a list of supplies you will need for that section of the resource.



**FUN FACT:** A short quote, story or bit of brain science related to the topic that kids are sure to remember.



*Simply on purpose*



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## TO USE THIS RESOURCE

### Welcome to the Teach Me How Subscription!

#### Q: Why does my family need this?

Teaching is the HARDEST part of parenting! Especially teaching in a way that is fun, positive, and cultivates a stronger connection. This subscription is made for families, to give you tools to deliberately teach social and emotional skills while simultaneously becoming a stronger family!

Each month you will be sent a themed resource that includes:

- **A Lesson** (interactive, short, and perfect for young minds)
- **Role Plays** (the powerhouse for teaching skills)
- **A Visual Cue** (put it in a place where everyone will see)
- **An Activity** (drives the lesson home, more fun for everyone)
- **And more!** (extension ideas, teaching tips, etc)

#### Q: Who should teach?

These resources were written with the intention that ANYONE in the family could teach them. We suggest involving your children as much as you can! Invite them to teach portions of the lesson or lead the activity (because when they do, there's so much more buy in).

#### Q: What ages is this for?

With simple adaptations these lessons are for children between the ages 3-18.

#### Q: How much time will it take?

Each resource is intended to be adaptable to fit in the time you already have. Don't feel pressure to do it all! It can stand alone as a one-time lesson or act as a mini lesson each week for the whole month. We've indicated an estimated time frame for each section - do what fits and trust that what you have time for will be enough.

# Lesson: Finding a way.



2 pieces of square paper per person



## TIP FOR GROWN UPS

DID YOU KNOW THAT THERE IS A SPECIFIC KIND OF PRAISE THAT HELPS CHILDREN WITH A GROWTH MINDSET? IT'S CALLED "PROGRESS PRAISE." TO HELP A CHILD LEARN TO ENJOY NEW THINGS AND NOT JUST THE OUTCOME, FOCUS ON THEIR PROGRESS. IT SOUNDS LIKE THIS: "TELL ME HOW YOU KNEW TO CARRY THE ONE? THAT IS SUCH A COOL TRICK." OR "WOW, LOOK AT HOW THE WAY YOU WRITE THE LETTER C HAS GOTTEN BETTER AND BETTER."

Can you fold a paper flower?

Let's get a piece of paper and give it a try! Just be brave and see what happens...



How did it go? Was it frustrating?

What does your flower look like?

Did you feel like saying, "I give up! I can't do it!"

Sometimes life can feel like that.

Sometimes we feel like we can't do it.

BUT we can't give up! We need to find a way.

Because that's when our brains are growing the most!

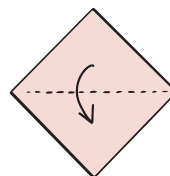
**The truth is: There is always a way!**

We just need to **1. find help**, **2. learn more**, and **3. practice** to be able to do it!

Let's try making a paper flower again. But now we'll have more help from some simple instructions you can **LEARN** from.

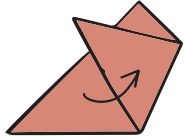
Plus you can always **ASK FOR HELP** from a grown up! You can **practice** as many times as you want!

## ORIGAMI PAPER FLOWER

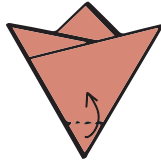


1. Lay a square piece of paper face down in a diamond shape. Fold the top point to meet the bottom point.

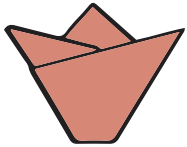
2. Fold the bottom right corner up and to the left, so the point sticks out above the side to make a petal.



3. Do the same fold with the bottom left corner so it sticks out to make another petal.



4. Fold the bottom corner up in the back of the flower.



**YOU DID IT! YOU  
MADE A PAPER  
FLOWER!**

How does your paper flower look now? How do you feel?

Guess what??? **Your brain just grew!**

Maybe making the flower didn't work the first time, and when that happens we might feel like we're not smart or we can't figure things out. But that's what growing is all about. Growing is about trying new things and not giving up. It's about finding a way!

**That's called having a growth mindset!**

## Let's Discuss!



- Can you think of a time recently where you wanted to quit something because it was hard? What did you do?
- How does it help your brain to grow when you have to try really hard to do something?
- Where can you find help when you need it?
- Who is someone that you think is really smart? Do you think they have a growth mindset?
- What do you want to be when you grow up? How much do you think your brain will need to grow?

# Role Plays



Pick one to act out at the dinner table or in the car.



Make a role play night of it! Put all the ideas in a jar and take turns picking.

Your piano teacher gave you a really hard song to learn this week.

Your teacher tells you that you are missing a requirement on your project.

You want to cross the monkey bars like your big brother.

Your grandma is teaching you how to crochet.

A student in your class tells you, "I'm so dumb, I'm never going to be able to do this Math problem!"

You ask your mom to make you a snack, but she is busy feeding the baby. She gives you instructions on how to make it yourself.

You're practicing basketball and keep missing your shots.

You want to play a game with your sibling but can't agree on what to play.

You are helping with a service project and your Dad asks you to do something you've never done before.

You lost your library book and have searched everywhere you can think of.

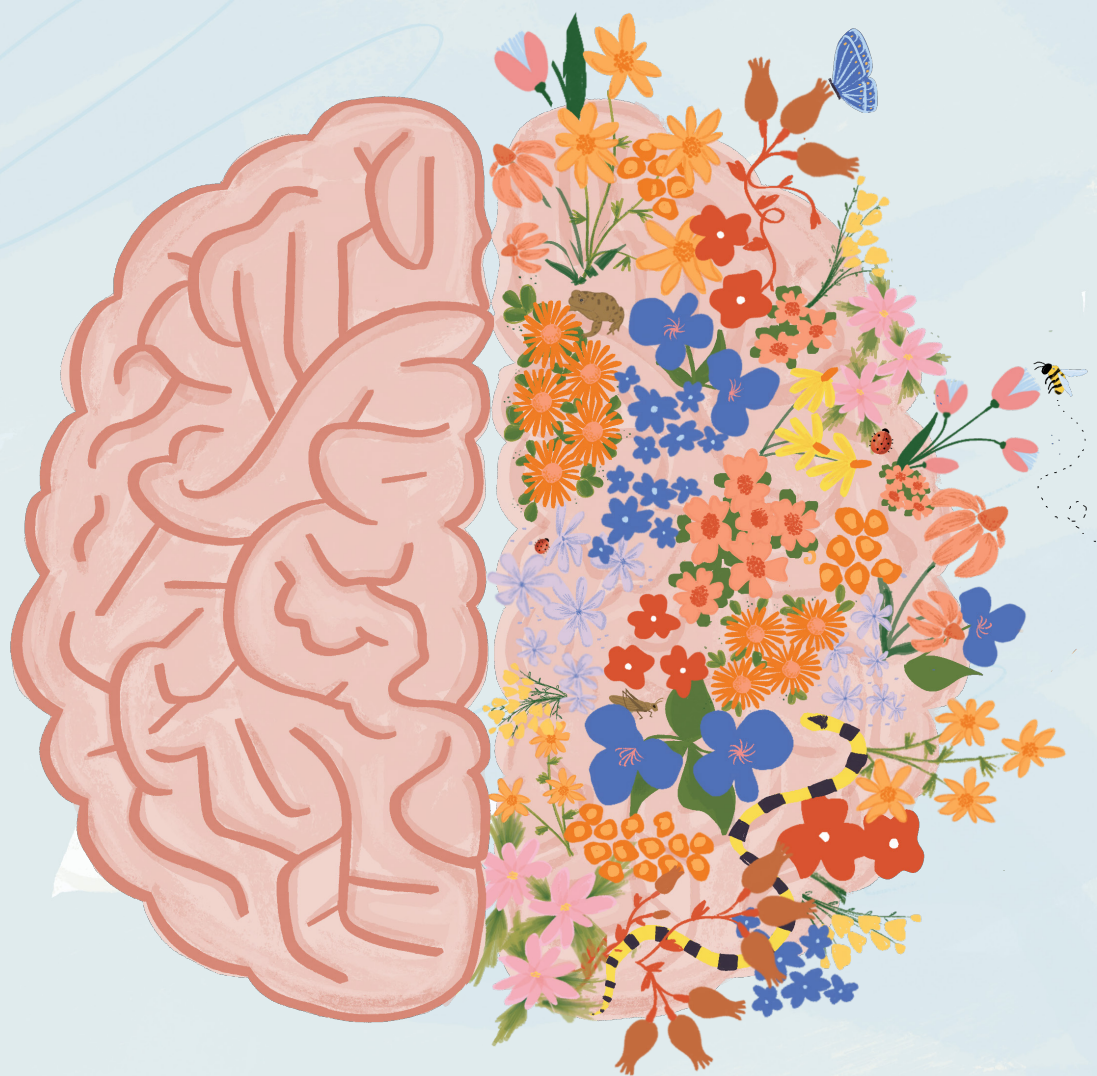
You think you forgot your water bottle on the bus and it's scary to ask the driver if it's on their bus.

Your room is a huge mess, but you have to clean it up before you can have a movie night.





# Visual Cue



**a growing mind  
finds a way**

*Simply on purpose*

PUT THIS SOMEWHERE AS A REMINDER!

# Activity: Your thinking hat!



15 minutes



pages 10-14  
glue/tape  
scissors

coloring supplies  
paper clips

## The way you talk inside your head matters.

When we face a problem, both helpful and unhelpful thoughts may go through our minds. If we recognize this, we can choose to think helpful thoughts on purpose.

### Unhelpful thoughts sound like:

- "I'll never get this right"
- "This is too hard."

This is called a **fixed mindset**.

### Helpful thoughts sound like:

- "With practice I will get better."
- "I can learn how to do this."

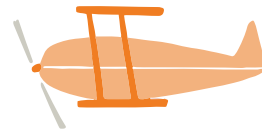
This is called a **growth mindset**.

**Helpful thoughts are encouraging!** They tell us that we might not be there yet, but with time and effort we can be. Read the chart on page 9 to see more examples of fixed and growth mindsets.

## MORE WAYS TO HAVE FUN!

### IDEAS TO EXTEND YOUR LEARNING

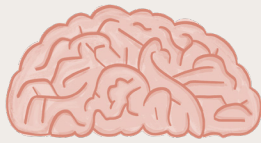
- Try something new! Is there something you've always wanted to try? Be courageous and give it a try!
- Stretch yourself! Push yourself to do something just a tiny bit harder. If you normally do 100-piece puzzles, try doing 150 pieces. Have some growth mindset phrases ready for when you get stuck.
- Try approaching homework with a growth mindset! Before you begin, pick a few helpful thoughts to repeat while you do an assignment. See if it makes the work easier!



## DID YOU KNOW?

**MISTAKES HELP OUR BRAINS TO GROW! THEY ARE JUST A PART OF THE PROCESS OF LEARNING NEW SKILLS. SO THE NEXT TIME YOU MAKE A MISTAKE SAY, "THAT'S OKAY. NOW MY BRAIN IS SMARTER."**





**Fixed Mindset**  
SAYS, "THIS IS THE WAY IT  
WILL ALWAYS BE."



**Growth Mindset**  
SAYS, "THIS IS ALL PART OF  
LEARNING AND GROWING."

**"I'm not good at  
this."**

**"I can get better at  
this."**

**"I give up!"**

**"I will keep trying."**

**"I don't know how."**

**"I can learn how to  
do this."**

**"This is too hard."**

**"This will get easier  
with practice."**

**"They're better at it  
than I am."**

**"What can I learn  
from them?"**

**"I'm afraid of  
making mistakes."**

**"Mistakes help me  
learn and grow."**

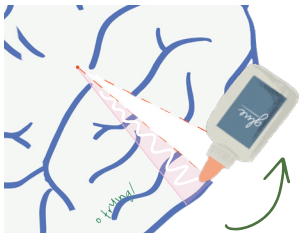
Have you ever said any of these things? When? Were they helpful or not? Think of these words as you build your **thinking hat** on the next page.

# MAKE YOUR OWN THINKING HAT

## DIRECTIONS

1. Cut out both brain pieces on pages 11-12 along the red dotted lines.
2. Write phrases on your brain pieces that will help you keep a growth mindset when you feel stuck. **Try to think of real words you could use** to help you face real problems. (Younger kids can cut out the positive phrases on page 9 and glue them on the brain.)

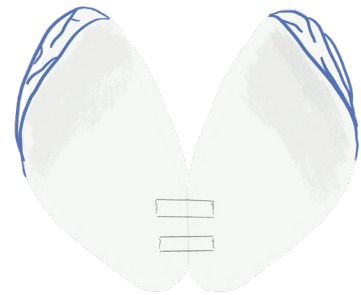
STOP HERE.



3. See the pink triangles going from the edge into the middle of the brain? **Cut along the red dotted lines only** for each triangle on both sides of the brain.

4. Use glue or tape to **secure the pink triangle under the edge you just cut.** (If using glue, you can use paperclips to hold this together while it dries.) This will start to give the brain a rounded shape.

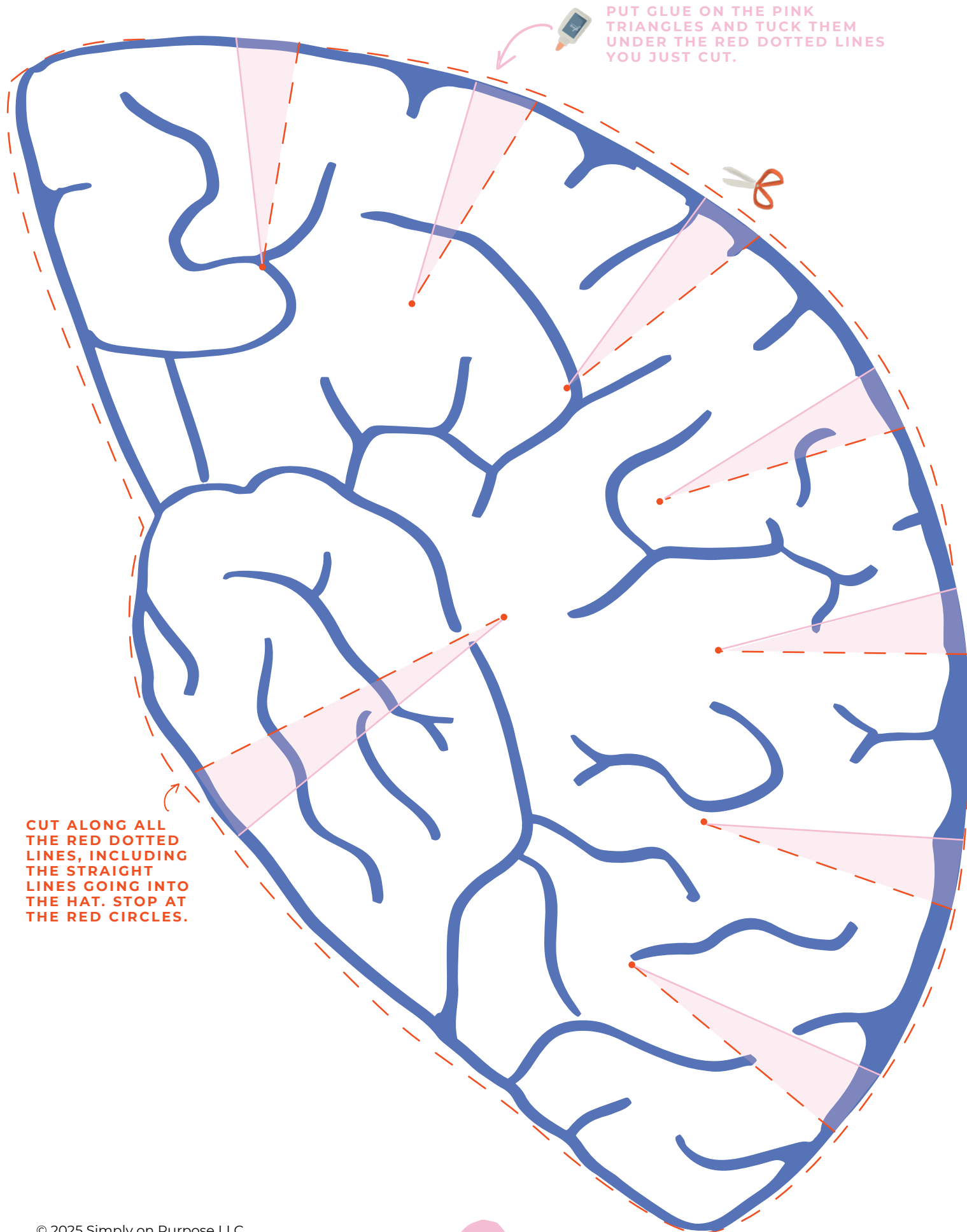
5. Using clear tape, attach the two brain halves by lining up the long curved edges and **taping them together from the inside.**



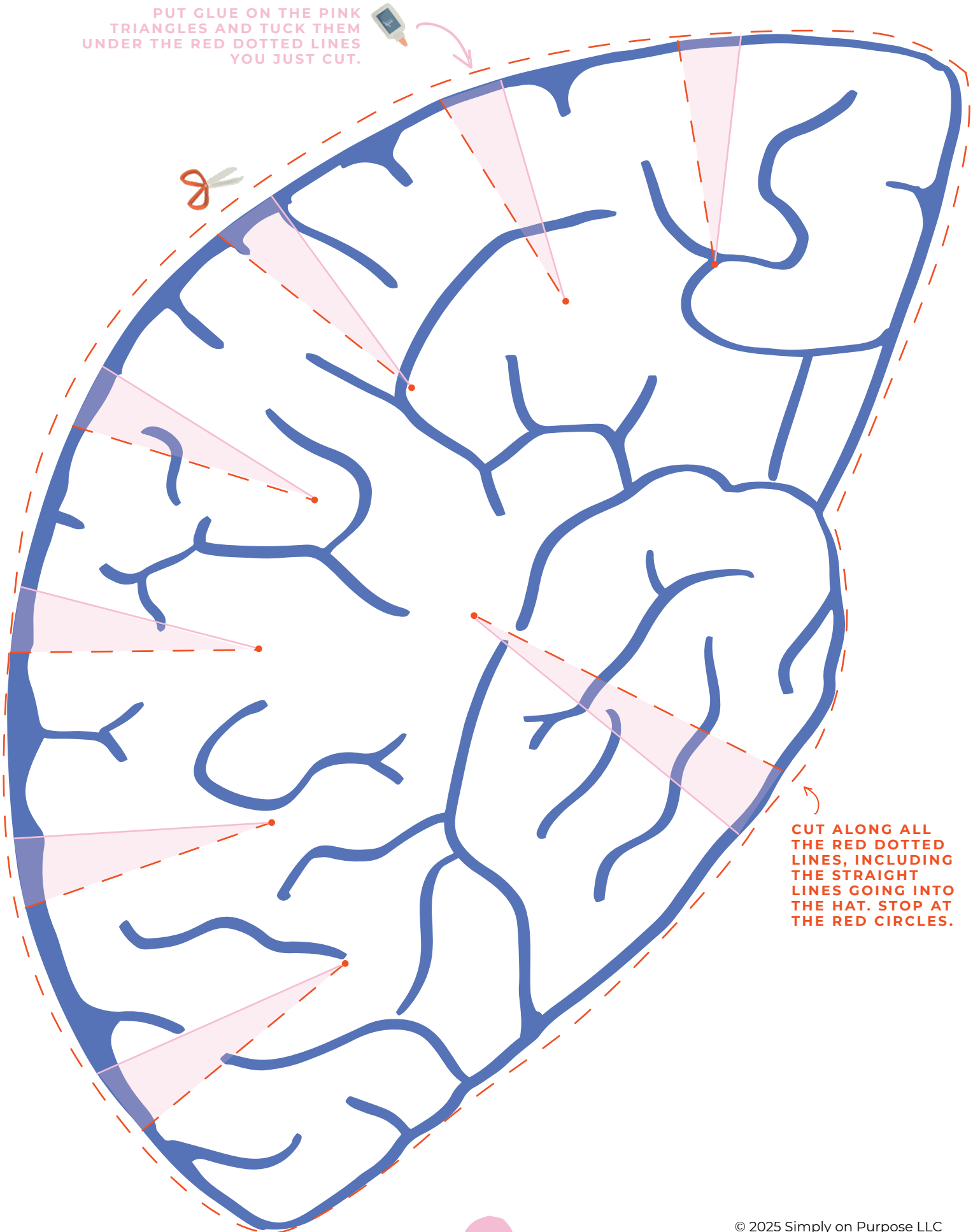
6. Decorate your mind! Color and cut out whatever growing things on page 13 you like and glue them on to your thinking hat.

7. **Use your hat!** Next time you come up against a frustrating problem, put on your thinking cap and say some of the growth mindset phrases to yourself. You'll be surprised and how it has the power to change your mind!





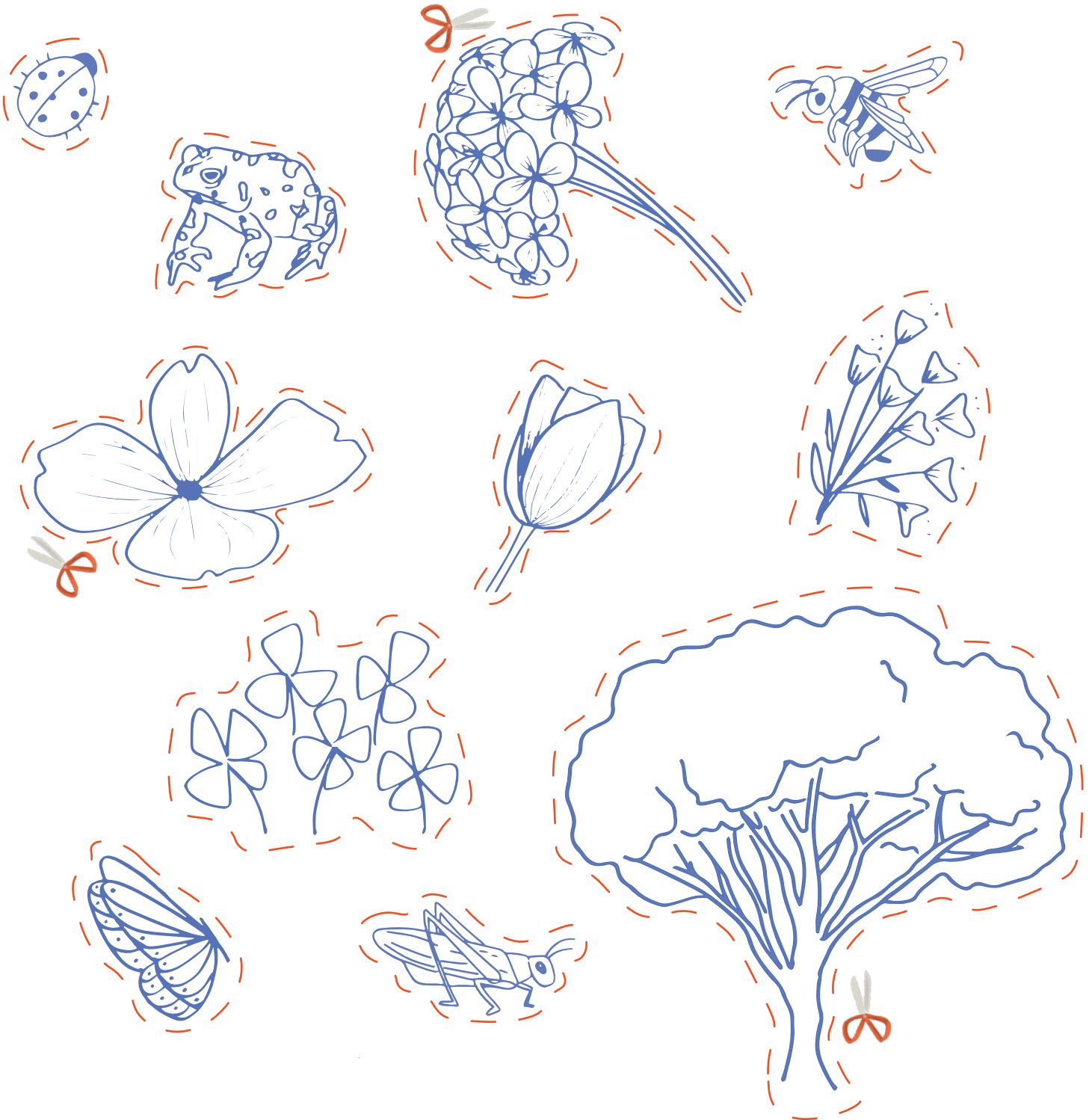
PUT GLUE ON THE PINK  
TRIANGLES AND TUCK THEM  
UNDER THE RED DOTTED LINES  
YOU JUST CUT.



CUT ALONG ALL  
THE RED DOTTED  
LINES, INCLUDING  
THE STRAIGHT  
LINES GOING INTO  
THE HAT. STOP AT  
THE RED CIRCLES.

# growing things

DECORATE YOUR THINKING HAT WITH YOUR  
FAVORITE GROWING THINGS



# If you enjoyed this resource, you might also like...

CLICKABLE  
LINKS!



## Affirmation Cards

These beautiful designs display meaningful words that we hope you will say to yourselves and your children over and over. Hang these cards on a bathroom mirror, above a bed or prop it up on your desk. This bundle includes 6 different affirmation cards designed for children and 6 different affirmation cards designed for parents, for a total of 12 unique designs.



## Teach Your Child Courage

This comprehensive guide will empower you to teach your child the value of Courage. With kid-friendly definitions, phrases to use/avoid, discussion questions, and role plays, this 18-page collection features simple, but effective ideas to help parents intentionally incorporate teaching this important value in their homes.



## Just Keep Trying

The March 2024 Teach Me How Resource, "Just Keep Trying" will teach your child how to use Grit and Determination to do hard things. The interactive story (props included!) will lead to fun discussion questions and role plays. Children will learn how to set a goal, and chart their progress toward achieving it!





teach me how

HELPING  
LITTLE PEOPLE  
BECOME THE  
BEST KIND OF  
PEOPLE