

# Failing Forward Activity To Do With Kids

So far, we have learned from Days 1-9:

That every mistake gives us a gift of learning. This special gift has only been given to you to learn from and grow from. Our job is to find the gift & say thank you.

What we learn becomes a part of us once we create the HABIT.

**Do you know what habit means?** (wait for child to respond)

'Habit' is when you work hard on doing something every single day so that one day you magically do it all the time, without even thinking about it.

**Create a little gift box for yourself and name it: GIFTS OF MY MISTAKES (OR FAILURE)**

Next time you make a mistake, follow these steps:

1. Go to this gift box and find a reason to say THANK YOU. (That was your gift!)
2. Draw a picture of it or write it down and put it in the box. (Or simply say it out loud)

**Affirmation to say at the end:** *I am thankful for mistakes because they are gifts that make me stronger & better.*

## Grown-Up Tips:

- It is essential that this skill's mastery continues beyond 10 days.
- You may talk to your child about how changing our relationship with mistakes is important. Ex: "When I feel like I failed at something, I automatically thank that experience and embrace it and ask myself 'What did I do to bring me here... what gift have I been gifted when I received this failure - what am I supposed to learn. What am I supposed to do better or perhaps instead?' When I think like this - my mind shifts, my heart shifts and I start thinking through it instead of resisting it."
- Suggestion from Dr. Ghada, Child Psychologist: As a parent, it is helpful using the "three R's of recovery from mistakes" method:
  1. Recognize-- "I made a mistake."
  2. Reconcile-- "I apologize" ONLY IF NEEDED
  3. Resolve-- "Let's work on a solution together" or "I wonder what I will learn from this one."
    - The first two Rs of Recovery (recognize and reconcile) create a connection before the third R, working on solutions. Trying to work on solutions before creating a connection is non-productive. It is also important to teach our kids "Self-forgiveness"
    - "The important thing is to change our perspective of failure as parents. It is so hard seeing your child "fail". I think parents need to believe that failure is so important for their kids' development before using any tool."