

### ***Learn From My Mistakes (Elementary)***

Have you ever felt mad, disappointed, or even embarrassed when you made a mistake? Maybe you said something wrong or chose the wrong answers on a quiz. We all make mistakes, but instead of feeling mad or embarrassed, it's better to think of making mistakes as a normal part of learning.

It's completely normal to make mistakes—we all do it! In fact, mistakes are an important part of learning; making mistakes and learning from them actually helps strengthen your brain.

Imagine trying to draw your first five-pointed star. At first, you probably made mistakes, but when you kept trying, you learned from each mistake and got closer to drawing a star.

Mistakes can occur in the things you do, like your behaviors and the choices you make. Mistakes can also occur when you're learning, such as adding numbers wrong. It's important to think about your mistakes after they occur and to learn from them.

What is a mistake you recently made? The mistake could be related to something you're learning, like a math or writing concept, or it could be related to a behavior or choice you made, such as yelling at another person or being mean.

When you make mistakes, you should accept that they happen, try not to get upset, and instead ***learn from your mistakes***. When you stop and think about your mistakes, it's giving your brain feedback about how to do better. So, the next time you make a mistake, stop and think about what you could ***learn from your mistake*** and ***try again!***