

Lesson 7 | Still in the Game

Managing Mistakes

Rationale

The capacity to assess one's strengths and weaknesses, and the effect of one's thoughts on feelings and behavior, enhances self-confidence, promoting a can-do attitude. Self-confidence promotes a greater capacity to overcome challenges and reach goals.

Character Education

This lesson promotes these character traits:

Courage Honesty Self-discipline Perseverance Integrity

Objectives

Following this lesson, the student will be able to:

- Differentiate positive and negative self-talk
- Use positive self-talk to manage and overcome mistakes
- Identify how to handle a mistake in a positive way

Activities

1. Oops... Now What? 5 minutes
2. Superhero Strategy Team 10 minutes
3. To the Rescue 10 minutes
4. French Fry Faux Pas 5 minutes

Daily Workouts

- Day 2: Pocket-Size Mistakes 10 minutes
- Day 3: When Life Hands You Lemons 10 minutes
- Day 4: Ta-Dah! 10 minutes
- Day 5: My Picture Journal 10 minutes

Before You Start

- Distribute the Student Workbooks at the beginning of the lesson.
- Put Wagner in his seat.
- Prepare the Dab of Vocab and Lesson Extenders from the **Looking for More?** Section. For more information about the Looking for More? Section see page 30 of this manual.
- Prepare the **Daily Workout** activities. For more information about the Daily Workouts see page 30 of this manual.
- Make a copy of **Home Workout 7** for each student. Distribute at the end of the lesson.

Materials

To deliver this lesson, you will need:

- Student Workbook page 13
- Wagner Puppet (in your kit)
- Superhero Team Display Cards (in your kit)
- Home Workout 7, Teacher's Manual page 170



1. Oops... Now What?

In our last lesson, we learned four peer-pressure refusal strategies. Let's see if you can name the four strategies without looking in your workbooks. Who can name a strategy? 🗣️ Say, "No", Move Away, Ignore, Better Idea.

✂️ Cup your ear like you heard Wagner say something. What's that Wagner? ✂️ Put on the Wagner puppet. How are you today?

🐶 I'm sad, mad, and embarrassed.

Oh no! Why are you sad, mad, and embarrassed, Wagner?

🐶 I made a mistake.

It's ok Wagner, we all make mistakes. Class, how many of you have ever made a mistake? ✂️ Allow time for the students to raise their hands.

See Wagner? Everyone makes mistakes. Making mistakes gives us a chance to learn.

What was your mistake Wagner?

🐶 I was at Butch's pool party this weekend and I poured hot sauce instead of ketchup all over my French fries. I never do anything right. The worst part was everyone laughed at me.

I'm so glad you are in class with us today Wagner because we're going to talk about making mistakes. Sit right here, Wagner, and listen as we learn what to do when we make a mistake.

✂️ Put Wagner in his seat.

When you make a mistake, it is easy to put yourself down.

How did Wagner put himself down? What did he say to himself?

🗣️ He said, "I never do anything right." That's right. How do you think Wagner feels about himself if he believes he can never do anything right? 🗣️ Bad, sad, embarrassed, angry with himself, etc.

Notes

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Instead of putting himself down, Wagner could say something kind to himself. He could say, "It's ok to make mistakes." How do you think Wagner would feel if he told himself, "It's ok to make mistakes"? 🗨️ *He would feel much better; he might feel good; ok; etc.*

Saying kind things to ourselves when we make a mistake will help us feel more positive.

Open your workbook to page 13. We will work together to unscramble the words to discover kind statements we can say to ourselves when we make a mistake.

The first one has been done for you. The words are "make," "we," "all," and "mistakes." The kind thought is, "We all make mistakes."

Look at number two. The words are "one," "perfect," "no," and "is." Unscramble the words and write down the kind statement you can say to yourself. ✂️ *Allow time for the students to complete the activity.*

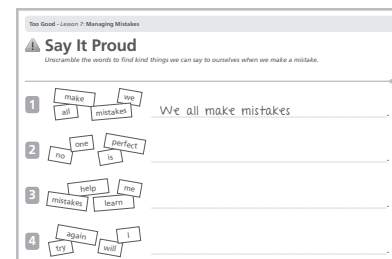
What sentence did you write? 🗨️ *No one is perfect. That's right. No one is perfect. Everyone makes mistakes.*

Look at the words in number three. They are "help," "me," "mistakes," and "learn." Unscramble the words to discover the kind statement you can say to yourself. ✂️ *Allow time for the students to complete the activity.*

What sentence did you write for number three? 🗨️ *Mistakes help me learn. Very good! We can always find something to learn from our mistakes.*

The words for number four are "again," "I," "try," and "will." Unscramble the words and write down the kind statement. ✂️ *Allow time for the students to complete the activity.*

Who would like to share their sentence? 🗨️ *I will try again. That's right. Don't give up. Try and try again!*



Workbook page 13
Say It Proud

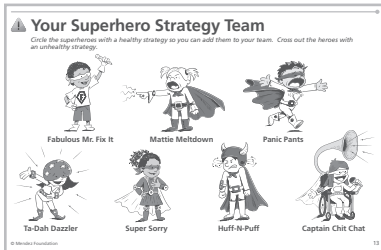


2. Superhero Strategy Team

Now that we know kind things to say to ourselves when we make a mistake, we are ready to learn healthy ways to manage the mistake.

You are going to build a team of superheroes to support you when you make a mistake. This will be your Superhero Strategy Team.

What is a strategy? A plan.



Workbook page 13

Your Superhero Strategy Team

Each of the superheroes has a special strategy for managing mistakes. Look at the bottom of page 13. Some of their strategies are healthy and some are unhealthy. As we meet each superhero, decide if his or her strategy is healthy or not. Circle the superheroes with a healthy strategy so you can add them to your team. Cross out the heroes with an unhealthy strategy.

First, let's meet Fabulous Mr. Fix It. He works hard to fix his mistakes. He learns what he did wrong and works to make it right. When he made a mistake on his math homework, he learned how to do it right and fixed his mistake. Is this a healthy or unhealthy way to manage mistakes? Healthy. Very good! Circle Fabulous Mr. Fix It for your team. Allow time for the students to complete the activity.


Our next superhero is Mattie Meltdown. Mattie believes she is perfect. When Mattie makes a mistake, she gets really angry. She scrunches her face, clenches her fists, and starts to blame other people. Is it healthy to believe we are perfect and could never make a mistake? No. Is getting mad a healthy or unhealthy way to handle mistakes? Unhealthy. Cross Mattie Meltdown out. Allow time for the students to complete the activity.

Now let's meet Panic Pants. As you might have guessed, he panics whenever he makes a mistake. His heart races, his face turns red, and he runs around shouting what a failure he is.



How many of you think Panic Pants would make a good addition to your team? Encourage student response. Panicking is not a healthy response to managing a mistake. Cross him out.

Allow time for the students to complete the activity.

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Let's meet Ta-Dah Dazzler. When Ta-Dah makes a silly mistake, she puts a smile on her face, extends her arms out to the side, takes a bow, and says, "Ta-dah."  *Take a big bow and say, "Ta-dah."*


Just the other day, Ta-Dah's glitter slipper caught the edge of the carpet and she tripped and tumbled. The whole class turned to look at her. She put a huge smile on her face, took a bow, and said, "Ta-Dah!" She didn't run and hide or cover her face. Instead, she had fun with her mistake and took a bow. The class clapped for her.

Do you think this is a healthy or unhealthy way to handle a mistake?  *Healthy.* **Very good! Circle Ta-Dah to add her to your team.**  *Allow time for the students to complete the activity.*


Our next hero is Super Sorry. Sometimes our mistakes affect other people. If we make a mistake that hurts someone's feelings, we should apologize.


One time Super Sorry mispronounced the new student's name. She knew she made a mistake and immediately apologized saying, "I'm so sorry I mispronounced your name."

Is Super Sorry's strategy healthy or unhealthy?  *Healthy.*
Very good! Circle her.  *Allow time for the students to complete the activity.*

Our next hero is Huff-N-Puff. How do you think he handles mistakes?  *He gets mad, he huffs and puffs, he yells at people, etc.*

You're right. Huff-N-Puff gets angry when he makes a mistake.

Once, Huff-N-Puff left his homework at home. Instead of figuring out how to fix his mistake, he got angry with himself, his teacher, and his classmates. Is getting angry a good way to manage a mistake?  No.

Cross Huff-N-Puff out.  Allow time for the students to complete the activity.

Notes

[illegible]

Sometimes we need the help of a trusted adult to find the best way to manage a mistake. Captain Chit Chat talks out her mistakes with a trusted adult. If she doesn't know how to fix a mistake, she asks an adult for help. Is asking an adult for help a good way to handle a mistake? Yes.

Circle Captain Chit Chat. Allow time for the students to complete the activity.

3. To the Rescue



Display the Superhero Team Display Cards. Place each display card in a different area of the room.

Now that you have your Superhero Strategy Team, we are going to do an activity to apply each hero's strategy to managing mistakes.

After I read a scenario to you, I will ask, "How would you handle this mistake?" Move to the Superhero that describes the best way to handle the mistake.

If you would fix the mistake, move to Fabulous Mr. Fix It's sign.

Point to the "Fabulous Mr. Fix It" sign. If you would apologize to someone, move to Super Sorry's sign. Point to the "Super Sorry" sign. If you would smile and take a bow, move to Ta-Dah Dazzler. Point to the "Ta-Dah Dazzler" sign. If you would talk to a trusted adult about the mistake, move to Captain Chit Chat. Point to the "Captain Chit Chat" sign.

This is a silent activity, so even though you will be moving around the room, do not talk. If you talk, I will ask you to sit back down and you will not participate in the rest of the activity.

On the count of three, stand beside your desks but don't move.

One, two, three. Allow time for the students to stand up.

Remember, don't move until you hear me say, "How would you handle this mistake?"

Read each scenario aloud and allow time for the students to move to the sign of their choice.



Superhero Team Display Cards

Teaching Tip

You may display the Superhero Strategy Team signs as you explain the activity.

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1. You misspelled your teacher's name on the greeting card you gave her. How would you handle this mistake?
2. You lean too far back in your chair in the reading circle and fall on the floor. Everyone is giggling. How would you handle this mistake?
3. You forget to take your homework home at the end of the day. How would you handle this mistake?
4. You break your friend's favorite pencil. How would you handle this mistake?
5. You spill milk on the kitchen floor, and it runs behind the refrigerator. How would you handle this mistake?
6. You say something that hurts your friend's feelings. How would you handle this mistake?
7. You struggle to get the top off of the glitter jar. As you tug one last time, the lid pops off and glitter goes everywhere. How would you handle this mistake?

Notes

On the count of three, return to your seats. One, two, three.

✕ Allow time for the students to return to their seats.

You did a great job identifying how to handle your mistakes.

The next time you make a mistake, remember your Superhero Team and find a healthy way to handle it.

4. French Fry Faux Pas




✕ Cup your ear like you heard Wagner say something. **What's that, Wagner?** ✕ Put on the Wagner puppet.

Hot Diggity Dog! I learned a positive way to handle my French fry faux pas from the Superhero Strategy Team.

That's wonderful, Wagner? Which positive way could you have used to handle the hot sauce on your French fries?

Oh, it's a good one. Try to guess!

Class, how could Wagner handle his mistake of putting hot sauce on his French fries in a positive way? ✕ *If students respond with fixing it, apologizing, or asking an adult for help have Wagner shake his head no. When students say the “ta-dah” approach, have Wagner shake his head yes.*

 **Exactly! I could have said, “Ta-dah! I’m making buffalo French fries! Does anyone know where I can find the blue cheese?”**

What a fabulous idea, Wagner! Buffalo fries sound delicious!

Class, did you know that popsicles, chocolate chip cookies, cheese puffs, and other yummy foods were all made by mistake. Sometimes mistakes can be magnificent. Don’t put yourself down and don’t give up! Instead, use one of the positive ways we learned today to handle mistakes.

In our next lesson, we will talk about the safe use of medicines.

✕ *Collect the Student Workbooks.*

✕ *Distribute Home Workout 7.*