

What's Your Mindset?



Written by Rozanne Lanczak Williams
Illustrated by Gloria Y. Jenkins



Cat, Dog, and all their friends are super excited about an art show in the park. Everyone who participates is invited to a fun party! But as they work on their art, they encounter challenges, feelings of self-doubt, and other stumbling blocks. Read the story and find out how the friends develop new skills and grow more confident, as they complete their artwork.

HEALTH AND SAFETY FOR KIDS

> Health and safety topics covered in this book:

- > Growth mindset vs. fixed mindset
- > Knowledge and skills can be developed
- > Mistakes are a part of learning
- > Learn and improve with practice
- > Developing resilience
- > Process vs. product
- > Challenges lead to growth
- > Strategies for confronting fears/anxiety

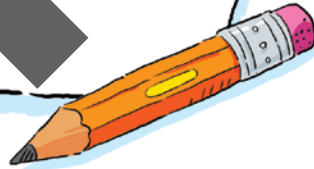
- ## > Discuss these topics before, during, and after reading the book. Use the questions and activities on page 32 to inspire and extend learning.

Dear Readers,
I hope the 5 books in my new series will help you understand ways you can develop healthy habits, handle stressful situations, learn in new ways, feel happy, and be good friends to one another. And . . . I guarantee that these books will be fun to read thanks to my pals Cat and Dog, who help me tell the stories.

These characters, along with Mouse, have been reader favorites in some of the 250 books I've written that help kids all over the world learn to read and write. So let's explore, all together, ways you can stay safe and be healthy!

Happy reading!

Rozanne



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