

Self-Compassion

Students who are particularly hard on themselves when they make mistakes benefit greatly from self-compassion and self-kindness. For research on the benefits of self-compassion visit self-compassion.org.

[Here is a self-kindness meditation](#) from GoNoodle

[Download “Dear Siage” by GoZen](#). This printable activates strengths of kindness and compassion.

The Power of Mistakes

Did you know our brain grows when mistakes happen?

According to Holly Near, *“If you have the guts to keep making mistakes, your wisdom and intelligence leap forward with huge momentum.”*

I was so fascinated to learn this and thought you might enjoy some fun facts about what happens when our brains grow because of mistakes.

Mistakes are when our brains grow ([study by Jason Moser](#))

- Neuro-plasticity: the ability for our brain to change
- When we make a mistake, synapses fire
- Increased electrical activity
- Moser’s study shows we don’t have to be aware of the mistake for us to grow
- The times when we struggle are the times our brain grows
- When students realize mistakes are helpful for their brain, it encourages students to try harder problems.
- [Short video](#) on how brain works and how challenges and mistakes help our brain grow
- One study found that when they saw their classroom as “mistake friendly”, they put more effort into their performance

How to create a [mistake-friendly learning environment](#)

[“When we give kids the message that mistakes are good, and that successful people make mistakes, it can change their entire trajectory”](#) - Jo Boaler

- A recent study showed that a “mistake friendly” environment encourages kids to attempt more difficult math problems
- “Mistake of the day”
- Talk openly about the last time you made a mistake and what you learned from it
- Share the idea that “wrong can sometimes be right”

- Inquiry-based learning: opened-ended question (i.e. how can we drop an egg from a height without it breaking?)
- Revisit mistakes and learn from them

More tools & activities:

- [Free printable on the “ABCs” of making mistakes](#)
- Talk about some of [these foods that were created by mistake](#) and do some experimental cooking. Who knows what new, delicious creation will be born.
- Enjoy reading and discussing [“Mistakes that Worked: 40 Familiar Inventions and How They Came To Be”](#)
- Check out [this video](#) about how the brain grows when we make mistakes.
- [Fear Of Failure? Getting comfortable with mistakes](#). See if you can spot the 5 mistakes in this video!