Welcome!
Grab a sheet of paper and a pencil. We’re about to play “Who’s on my back?”
Michael Jordan
6 Time NBA Champion,
5 Time NBA MVP, &
4 Time NBA All-Star
Here's a riddle for you!
The Power of Believing that You Can Improve by Dr. Carol Dweck

https://www.youtube.com/watch?v=_X0mgoOSpLU
“A remarkable thing I’ve learned from my research is that in the growth mindset, you don’t always need confidence.”

--Carol S. Dweck, Ph.D.
The Gift of Failure

“Preparing for the future is just as important as living in it.” – Ally A., 8th grade EXPO

EXPO 7 / 8 Ms. Baker
Famous Mistakes

- Mistakes may make the best inventions.
- Complete the Famous Mistake worksheet.
- What are some other famous mistakes?
Failures $=$ Wisdom T Chart

- List at least 10 things you have failed at
- For each failure list ALL that you learned from it
  * May have multiple learning for each failure*
Instead of Saying You Failed...

What Can You Say To Yourself?

- Plan A didn’t’ work
  - Thank goodness there’s 25 for letters in the alphabet.
- I give up on this
  - I’ll use some of the strategies I’ve learned.
- Ugh! I keep messing up!!
  - That was an epic fail! What can I learn from it?

Add 5+ to the list
No one ever sank under the burden of the day. It is when tomorrow’s burden is added to the burden of today that the weight is more than one can bear.

--George MacDonald
Results From the Classroom Google Form

On a scale of 1 - 10, how much do you worry during the day?
25 responses

- 16%: 1 - I don't worry that much.
- 36%: 3 - I worry a little bit during the day.
- 16%: 5 - Half of my day is spent worrying about things.
- 32%: 10 - I worry a lot about everything.
On a scale of 1-10, how much do you worry about taking tests?

25 responses

- 1 - I don't worry when taking tests.
- 3 - I worry a little about taking tests.
- 5-10 I tend to over analyze and worry a lot when taking tests.
On a scale of 1-10, how much do you worry about your friendships or what people think of you?

25 responses

- 1- I don't worry what people think of me or my friendships.
- 3- Sometimes I worry about my friendships or what people think of...
- 5- I spend half of my time during the day worrying about my friendships...
- 10 - I am consumed with whether or not my friends like me and/or what...
- Well, I tend to worry about what my...
- 7- most the time
How do you work through your worry or worries?

25 responses

- **36%**: I don't really worry that much so I don't feel like I need an action plan.
- **32%**: I don't know how to work through my worry or worries.
- **20%**: I talk to a trusted friend and tell them everything. I need to vent out all of...
- **8%**: I don't share my worry or worries with others. I'd rather keep my problem t...
- **8%**: I don't worry as much, but if I do I would talk and tell my mom or dad...
Object Oriented
Fear of storms, kidnapped, getting shots, etc.

Tools that help: Square Breathing & Changing the Channel.

Relational
Over focus on friendships and What do people think.

Tool that helps: The Marble System.

Feelings Button(s)

What are the triggers?

Be the calm before the potential storm.

Giving kids the “Role” tool is one that can help.
Outward Processor
Tool that helps: “The Five Question Rule”

Inward Processor
Tool that helps: “Feelings Check-In”
Inward Processor

Solve problems by thinking
Communicate through behavior
Deny feelings
Blame others

Outward Processor

Solve problems by talking
Communicate through words
Exaggerate feelings
Blame themselves
Growth Mindset helps kids focus one day at a time. There are also tools that help kids tackle the angst of mistakes, tomorrow’s worry, and a list of “What will happen?”
Here's a toolbox of strategies from the book, *Why Smart Kids Worry and What Parents Can Do To Help* by Allison Edwards, LPC.
Brain Plate - Use when kids worry too much about a whole week’s worth of stuff.

Use When:
- Children are overwhelmed with future events
- They can’t enjoy today - fear of tomorrow
- Have trouble staying in present moment
FOUR SQUARE BREATHING

Use When:
- Children are in early stages of anxiety
- They are “Keyed up”
- They have a hard time relaxing

TAKE IN A DEEP BREATH FOR 4 COUNTS

HOLD BREATH FOR 4 COUNTS

LET OUT FOR 4 COUNTS

RELAX FOR 4 COUNTS
WORRY TIME
Set timer for 15 minutes. Kids can worry about those things that they incessantly tell you about. The same things that they repeat, and don’t take your advice even when they ask you to help.

When the timer goes off, they have to move on from their worry.

Use When:
- Children talk incessantly about their fears
- They ask you for advice but don’t take it
- They repeat the same fears over and over again
THE Worry Expert

Let them help other kids who are also struggling with a situation and give advice.

Use When:
- Children are consumed with their own anxiety
- They aren’t using your suggestions
- They enjoy being a leader
“I Did It!” List
Kids make a list of every time they accomplish something.

Use When:
- Children are low on confidence
- They have a hard time remembering past success
- Achieved something great
Change the Channel

- Random Statements - “Guess who I saw today?”
- Common Interests - “I wonder who the Cardinals are playing?”

Use When:
- Children are stuck in a negative place
- They aren’t thinking rationally
- Talking doesn’t seem to help
Naming the Anxiety

“Worry Walter”
“Worry Wilma”

Helps kids see that anxiety comes and goes instead of being present all the time. (p. 204)
--Allison Edwards

Use When:

- Children are overcome with fear
- They feel like something is wrong with them
- They respond well to humor

Create a superhero that combats worry!
My superhero has vulcan ears as shown in the photo to the right. The ability to hear nonsense and immediately send it out of audible range.
Run Fast!
Jump High!

Use When:
- Children have excess energy
- They are facing an anxiety-producing event
- They are “keyed up” most of the time
The Five Question Rule

Use When:
- Children are asking repetitive questions
- They aren’t really listening to your answers
- Your child’s anxiety isn’t lessening
Structuring the Unstructured

Use When:

- Children don’t adjust well to change
- They like structure and routine
- They are in a period of downtime

Make a schedule ahead of time.

Ask for your child’s input.

- Vacation
- Lessons
- Bike time
- Cooking
- Sleep overs
- Swimming
- Camps

When kids know what to expect, unstructured time isn’t so overwhelming.

Stick to the schedule.
Meanwhile, studies show that creativity can boost happiness and well-being and is increasingly necessary for 21st-century success.

--Katie Reilly, “When Schools Get Creative,” Time
Ken Robinson's Eight Competencies

CURIOSITY- THE ABILITY TO ASK QUESTIONS AND EXPLORE HOW THE WORLD WORKS.
CREATIVITY- THE ABILITY TO GENERATE NEW IDEAS AND TO APPLY THEM IN PRACTICE
CRITICISM- THE ABILITY TO ANALYZE INFORMATION AND IDEAS AND TO FORM REASONED ARGUMENTS AND JUDGMENTS
COMMUNICATION - THE ABILITY TO EXPRESS THOUGHTS AND FEELINGS CLEARLY AND CONFIDENTLY IN A RANGE OF MEDIA AND FORMS
COLLABORATION - THE ABILITY TO WORK CONSTRUCTIVELY WITH OTHERS
COMPASSION - THE ABILITY TO EMPATHIZE WITH OTHERS AND TO ACT ACCORDINGLY
COMPOURE - THE ABILITY TO CONNECT WITH THE INNER LIFE OR FEELING AND DEVELOP A SENSE OF PERSONAL HARMONY AND BALANCE
CITIZENSHIP - THE ABILITY TO ENGAGE CONSTRUCTIVELY WITH SOCIETY AND TO PARTICIPATE IN THE PROCESS THAT SUSTAIN IT

Mindful Games
You Can Make Something Fun!

https://www.pinterest.com/pin/212935888618128441/
To end my sessions today, here’s your daily dose of Billy Collins.

Enjoy!
Citations


