



# CARRIDE CONVERSATIONS

## PARENT EDITION

### REDEFINING FAILURE

A Story about Learners :A Childlike Approach:

Let's consider the process of learning to ride a bike. It is a childlike approach to learning. We all learn to ride a bike, typically at a young age. When learning to ride a bike, it often begins out of control, wobbly, slow, and, more times than not, you fall. You crash, you get some scratches. You fail. However, what are you encouraged to do? You are encouraged to get up and TRY AGAIN. Your failure is celebrated. The next time you get on the bike, you may experience similar feelings, such as being wobbly, but now you have picked up a new skill of pedaling. You still fall, but not as hard. You ride for longer. Every time you get back on the bike you learn more, you gain more confidence, until riding the bike becomes second nature. It is no longer a failure.

### THE PROCESS



Taking a childlike approach to learning new skills or facing new challenges requires an "ugly" process to get better

- Getting good at a new skill is going to require failure.
- There is a tension to working on the edge of your capacity, one that will be uncomfortable, yet necessary. Embrace it.
- It is going to look ugly before it looks awesome---with some feeling out of control mixed in there.

### TOOLS AND TIPS

*...for the car ride home*

*To normalize and celebrate failure:*

1. Ask the question, "What did you fail at today?". Then follow up with, "what did you learn from that today?"
  - This question enhances problem solving skills by identifying an area of learning and growth.
2. Encourages the NOT YET mentality, by having a processed focused conversation around skill building, rather than a results focused conversation around outcomes.

**Check out our fall sports schedules here!**

**Save the date:**

18 November  
Winter Sports Begin

6 March  
Spring Sports Begin

14 August  
Fall Sports Begin