

Dear Families/Caregivers,

Your child's belief in his or her ability to learn has a greater impact on academic success than his or her intelligence. Helping children develop a growth mindset, positions them on a path for success.

We have been learning that everybody makes mistakes in life. Yes, even our teachers and our parents. We learned that mistakes are not only just okay but they are good because that is how we grow and learn. We would not learn much if we never made any mistakes. We learned to say "I can't YET" instead of "I can't" and we learned to think about what we can do differently after we make a mistake.

It is important that you let your child make mistakes and to help them try to learn and grow instead of getting discouraged. Here are some activities that you can do with your child:

- Let your child try to cook something with or without a recipe. Supervise for safety but let your child do it by himself or herself and let him or her make mistakes. When done, ask him or her what he or she could do differently next time.
- Enroll your child in a new activity (e.g. dance, sports, martial arts, art, music, theatre, etc.). Each day, ask him or her to tell you what he or she did well and what mistakes were made. Set aside time for him or her to practice to get better at that activity.

"Take chances, make mistakes. That's how you grow." - Mary Tyler Moore

Sincerely,  
Your Child's Teacher