

## LESSON 9

# We All Make Mistakes

🕒 45min **Prerequisite:** Completion of Lessons 1-8

## Objectives students will be able to...

- \* List emotions that result from mistakes and failures.
- \* Describe how compassion and growth mindset are related to mistakes and failures.
- \* Describe how to show compassion to self and to others following mistakes and failures.

## Materials

- \* A/V equipment for the video
- \* Chart paper (pre-prepared)
- \* Markers
- \* Skit cards
- \* The Girl Who Never Made Mistakes by Mark Pett and Gary Rubenstein

## Teacher Notes

Mistakes we make can be frustrating, hurt others, or just make our day harder. When our mistakes involve others it can make us and them feel embarrassed, disappointed, or angry. Apologizing and forgiving ourselves and others can make our relationships better and more compassionate. In this lesson, students will learn how making mistakes is a part of life.

## Opening

🕒 5 min

**Format:** Turn and talk, activate prior knowledge, video



Last time, we learned about what growth mindset is and how it can help us show ourselves compassion. Turn and talk to a neighbor about these questions: What is growth mindset? Why does it help us show self-compassion? Have a couple of volunteers share out with the class. Today, we're going to talk about something related to growth mindset - making mistakes"

Let's check out a quick video together to see why it's ok to make mistakes because we all make them sometimes. In this video, look for someone who makes a mistake and someone who forgives others.

Show video: [It Wasn't Me](#)

## Debrief

🕒 5 min

**Format:** Whole group debrief



In this video, we saw Brandon get blamed for something he didn't do.

Discuss as a class:

- Who made a mistake? What was it?
- After Tye, Gabby, and Alex realized their mistake, how did they show empathy?
- What did their empathy lead to?
- What did they do to show that they were sorry for their mistake?

Have students turn and talk to a partner:

- Tell about a time when you made a mistake but later realized you were wrong and apologized. What did you do to show that you were sorry?
- Tell about a time when someone else's mistake hurt your feelings but they realized it and apologized, like what happened to Brandon. How did they apologize?

After students have shared with a partner, allow a few students to share with the whole group.

## Direct Instruction

⌚ 5 min

Format: Direct instruction

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Emphasize to students, “It’s ok to make mistakes - we all do it! However, the important things are to recognize that when we make a mistake, (1) we need show ourselves compassion (and not be too hard on ourselves if we mess up) and also to show others compassion by apologizing when we make a mistake that hurts them.

Share about a time when you made a mistake but you apologized for it.

Explain that one of the best ways to show that you mean your “I’m sorry” is through an apology of action.

Reveal the definition of an apology of action on the chart paper and go over it briefly.

As a class, brainstorm ways to use actions to show that you’re sorry and add them to the anchor chart. If students seem stuck, have them think about mistakes at school (e.g. playground, recess, classroom) that might cause others to feel upset and how we could fix them with actions.

Hint: ‘You break it, you fix it’ mentality.

## Activity Part 1: Skits

⌚ 15 min

Format: Skits, small group work, whole group discussion

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Let students know that they will now get the chance to practice apologies of action by creating some skits.

Break students into 4 equal groups.

Give each group a scenario card. Scenario cards have a main theme and several ideas underneath. Students can choose from one of the ideas.

- If this is too much choice for your students, you can pre-select their specific scenario on the card by highlighting or circling it for them.

Let students know that they will have about 10 minutes to create their skit, with 5 minutes at the end to perform them for the class.

Emphasize that the skits should include...

- The mistake
- Hurt feelings
- Someone showing empathy for the hurt feelings
- Empathy leading to compassion
- An apology of words
- An apology of action

While they rehearse, walk around the room and give hints/help/encouragement when needed.

Group debrief after each skit performance should include...

- What was the mistake?
- Who showed empathy and then compassion? How?
- What was the apology of action?

## Activity Part 2: Read-Aloud

⌚ 10 min

Format: Read-aloud, group discussion

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We’ve talked about what happens when you make mistakes and how to apologize with actions and words, but it’s also important when you make mistakes to show yourself compassion and not be too hard on yourself.

Read or show *The Girl Who Never Made Mistakes* (<https://www.youtube.com/watch?v=rlo5nwNjYSU>)

Class discussion questions after the read-aloud:

- What was Beatrice like at the beginning of the book? Did she have a fixed or a growth mindset?
- What mistakes did she make in the story?
- What was she like at the end of the book? Did she have a fixed or a growth mindset?

## Activity Part 2: Read-Aloud Cont.

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- How did she change and grow?
- How did she show herself compassion (think Self-CARE) when she made mistakes?

Turn and Talk:

- The next time you make a mistake, big or little, how could you show yourself compassion? How could you have a growth mindset?

Turn and talk:

- What does growth mindset have to do with making mistakes?
- Why is it important to show yourself compassion when you make a mistake?

Have a few students share out after the turn and talk.

Discuss as a class:

- What is an apology of action? Why is important to both show and say that you're sorry?

## Debrief and Closing

🕒 5 min

**Format:** Formalize learning with the whole group, partner share

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## Extensions

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Activity that corresponds with read-aloud:

- <http://lessonsfromtheapplebasket.blogspot.com/2016/09/the-girl-who-never-made-mistakes.html>

Additional Suggested Reading for Students:

- The Forgiveness Garden by Lauren Thompson
- Zach Apologizes by William Mulcahy
- The Berenstain Bears Say I'm Sorry by Mike Berenstain

Learners needing support:

Notes for next time

Learners ready for extentions

## Scenario Card 1

### Recess

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#### Ideas:

You knocked your friend while you were running and they fell down.

You forgot that you promised to play with one of your friends and started playing something else.

You hit your friend with a basketball by accident.



## Scenario Card 2

### Classroom

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#### Ideas:

You accidentally cut someone in line.

You bumped into someone and they dropped everything they were holding.

You borrowed a book from a friend and got your snack all over it.



## Scenario Card 3

### Lunchtime

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#### Ideas:

You tripped and made the person next to you spill the lunch they just bought.

You didn't bring enough birthday treats for everyone in your class.

You accidentally took someone else's seat at the table.



## Scenario Card 4

### After School

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#### Ideas:

You left the gate open and your neighbor's pet ran away.

You threw a baseball into your neighbor's yard, and it dented their car.

You promised your mom that you would clean your room but you forgot.

