

FAMILY DISCUSSION GUIDE

The Power of “YET”

Teaching Kids a Growth Mindset

A small word today can shape their tomorrow.



I can't... YET.

LET'S TALK ABOUT IT

Use these questions to start meaningful conversations, build confidence, and help your child keep growing.

1 WHAT DOES “YET” MEAN?



- What does it mean to add “yet” to the end of a statement?
- How does it change the way you feel about a hard task?

2 THINK BACK



- What's something that was hard for you before, but you learned with practice?
- How did you feel before, during, and after?

3 MISTAKES HELP US GROW



- Why do you think mistakes are actually helpful?
- Can you think of a mistake that taught you something important?

4 THE POWER OF PRAISE



- What kinds of praise help you keep trying?
- How does it feel when someone focuses on your effort instead of your intelligence?

5 LOOK FOR THE STRATEGY



- When something is hard, what are some different strategies you can try?
- How can we help each other think of new ways?

TRY IT TOGETHER



Create a “Mistake Jar.” Add a note about a mistake and what you learned.



Set a “Challenge Goal.” Something to practice this week and grow from.



Use “yet” as your family word of the week. Catch it. Celebrate it. Laugh with it.



Share a success that came after failing or struggling. Normalize the journey.

GROWTH MINDSET REMINDERS



- I can learn anything with time and effort.
- Challenges help my brain grow.
- Mistakes are part of learning.
- I can try different strategies.
- I don't have to be perfect to make progress.

REMEMBER



We're not raising kids who are always right. We're raising kids who are brave enough to try, learn, and keep going.



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Understanding minds.



Strengthening connections.