

## FAMILY DISCUSSION GUIDE

# WHY MISTAKES HELP THE BRAIN GROW

Mistakes aren't the end.  
They're the beginning of learning.

Every mistake teaches the brain something new.



## LET'S TALK ABOUT IT

- 1 What does it feel like when you make a mistake?
- 2 What is something you've learned from a mistake?
- 3 Why do you think your brain grows when you make mistakes?
- 4 How can mistakes help you try harder things?
- 5 What helps you remember that mistakes are okay?

## WHAT IT MEANS

Mistakes show your brain what to adjust. When something doesn't work, your brain notices the gap and tunes itself. That's how new skills and understanding are built!

## THE LEARNING PATH



**TRY**

You give it your best shot.



**MISTAKE**

It doesn't work (as planned).



**LEARN**

Your brain figures out what to fix.



**ADJUST**

You try a new way.



**GROW**

Your brain gets stronger!



## REMEMBER

- Be curious, not critical.
- Focus on the lesson, not the blame.
- Celebrate effort and keep trying.
- Progress > perfection.

## TRY IT TOGETHER: ACTIVITIES BY AGE

### 3-5 YEARS

- OOPS IS OKAY**  
When mistakes happen, say "Oops! That's okay. Let's try again."
- WATCH GROWN-UPS TRY**  
Let them see you make mistakes and keep going!

### 6-8 YEARS

- MISTAKE OF THE DAY**  
Share a mistake at dinner and what it taught you.
- WHAT DID IT TEACH?**  
Ask what the mistake showed us, not who's to blame.

### 9-12 YEARS

- FAMOUS FLOPS**  
Learn how others failed many times before succeeding.
- THE LEARNING JOURNAL**  
Write down a mistake and the lesson you learned.

## TRY THIS!

At dinner, share everyone's "mistake of the day" and the one thing it taught you. Two minutes that build a lifetime of confidence.

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Understanding minds.



Strengthening connections.