5 Reasons Why FAILURE IS IMPORTANT

1. FAILURE MAKES YOU STRONG AND RESILIENT.
2. FAILURE HELPS YOU LEARN WHAT DOESN'T WORK.
3. FAILURE BUILDS YOUR CHARACTER.
4. FAILURE HELPS YOU DEVELOP PROBLEM-SOLVING SKILLS.
5. EVERY FAILURE IS A STEPPING STONE TO SUCCESS.

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7 WAYS TO TEACH KIDS FAILURE IS A GREAT THING

by Big Life Journal

1 FOCUS ON GROWTH MINDSET

After making a mistake, children with **growth mindset** show a larger brain response than those with fixed mindsets.

2 LET FAILURE HAPPEN

Challenging experiences are the only way we develop certain coping and **problem-solving skills**. If we shield children from adversity, key brain connections cannot develop.

3 EMBRACE (AND CELEBRATE) FAILURE

- Give kids an opportunity to brag about their mistakes
- Introduce "Failure Fridays"
- Give your child a high-five each time a mistake is made
- Use the "My Favorite No" activity.
- Discuss the acronym for FAIL (First Attempt At Learning)

4 EXPLAIN THE LEARNING PIT

Teach children the 'pit' metaphor, and make it part of their daily vocabulary. For example, during a challenging activity, ask, **"Who is in the pit? Who is out of the pit?"**

5 EXPLAIN THE BRAIN SCIENCE

Kids typically fear failure. But what if they knew **mistakes grew their brains**? When kids understand the brain science behind why mistakes improve learning, it's easy to get them excited about the prospect.

6 EMPHASIZE "FAILING FORWARD"

Failing forward simply means learning from your errors. Ask questions like, **"What did you learn from this?"** or **"What would you do differently next time?"** Shift focus onto the positive aspects of failure.

7 TEACH THE MINDFUL APPROACH

The link between mindfulness and resilience is very well documented. With practice, kids can learn to respond to strong feelings about failure rather than simply reacting.