

# BE PERSISTENT

## Caregiver Handout



### What your child learned this week:

Skills:	Content:
<ul style="list-style-type: none"> <li>• Critical Thinking</li> <li>• Growth Mindset</li> <li>• Resilience</li> <li>• Sorting</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about overcoming challenges</li> <li>• Sorting and designing</li> </ul>

### Activities to do at home to reinforce this week's learning goals:

- Challenge your family to change their words and, as such, their mindsets. For example:

<i>Don't say...</i>	<i>Instead, say...</i>
I give up.	I'll learn a little more and try again.
Oh no! I made a mistake.	That didn't work. I'll try a different way!
This is too hard.	This might take some time and effort.

- Make mistakes in front of your child and have a positive reaction to those mistakes. Reflect on what could be learned from the mistake.
- Get excited when your child makes a mistake. Help your child think about what they can learn from the mistake.
- Talk with your child about kindergarten. Discuss ways your child can be persistent.

### Recommended books to read with your child to reinforce this week's learning goals:

- ***My First Day*** by Nguyen Quang Phung (Make Me a World, 2021) A boy paddles his boat to go to the first day of school. Though the setting and culture is not what American children are used to, the challenges and fears of starting kindergarten are universal. Nice depiction of the challenges he faces on his journey and the happy result when he overcomes them and meets new friends at school.
- ***When Sophie Thinks She Can't*** by Molly Bang (Blue Sky Press, 2018) Sophie learns to respond to challenges by using the words "try" and "yet." This book teaches the growth mindset.
- ***When You Are Brave*** by Pat Zietlow Miller (Little Brown & Co., 2019) Relates how to find your courage and use it when life seems frightening, or you start something new.