

The Experience

Giving kids skills **FOR LIFE**

The "How to Make a Mistake" show is about becoming good mistake-makers by learning that **admitting** your mistake as soon as it happens is always best.

If you find yourself in front of your classmates and make a mistake that causes you to feel embarrassed, double tap your heart. This tells the teacher and the class that you acknowledge your mistake even though you might feel a little silly. Your class can then silently respond by using the Ooch point and a double head nod that tells you that it's all good and that they understand. After all, **EVERYONE makes mistakes and mistakes are okay.**

Sometimes mistakes are bigger and require more from us. Here's what you do when you make a mistake that requires some cleaning up -

Admit it ("My mistake", double tap your chest over your heart)

Own it (Point to yourself)

Fix it (which has two steps)

Apologize (Wax on)

Clean it up (Wax off)

Forgive yourself (Hug yourself)

Learn from it (Point to your brain).

When we make a mistake it always ends up better for us if we **admit it RIGHT AWAY** by saying, "My mistake". Putting it off, lying or blaming someone else will make it worse. Admitting it right away doesn't mean that we will not be embarrassed or get in trouble but it does mean that the damage (if any) will be minimal.

Owning it means that we fully accept responsibility for our mistake. It means that we don't make excuses or blame someone else.

Cleaning it up is a two-step process -

1. The first step is to apologize (and really mean it.) Sometimes our mistakes require an apology and if we aren't sincere with our apology it does no good.
2. The second step is to ask how to fix the mistake and then do it. Often times there is something we can do to make it better. Sometimes there isn't but by asking we are letting others know that we are willing to clean it up.

To **forgive yourself** means that we don't continue to feel bad about the mistake. If we admitted it, owned it and cleaned it up then we have done all we can and can move forward. Sometimes we hold on to our embarrassment or shame and continue to punish ourselves long after the mistake has been made. It's important to remember that EVERYONE makes mistakes and that mistakes are NORMAL and OKAY.

To **learn from our mistakes** is of the utmost importance because if we truly we learn from our mistakes then we don't repeat those mistakes. When we learn from our mistakes then we don't repeat those mistakes. When we learn, we become better versions of ourselves!

