Lesson 1 | Mistakes: Everyone Makes Them!

Classroom Introduction (Start your lesson by sharing this with the class)

"Everyone makes mistakes." We hear this saying a lot, but do we really believe it to be true? Sometimes we feel bad about ourselves when we make a mistake. We might think that we're the only ones who make mistakes. Today we will discuss common mistakes that people make and how people feel when they make a mistake.

Conversation Starters: *Remember, there are no right or wrong answers to these questions*

What kind of mistakes do teachers make?

Is it okay to make a mistake?

Why or why not?

What do you do when a classmate makes a mistake?

Share some mistakes that you make as a teacher. Some examples include misspelling a word when making a test, losing homework someone turned in or missing a deadline.

Use this question to assess which of your students are struggling with the thought of making mistakes.

This question is for self-reflection. Students might say that they laugh at their classmates or that they try to make them feel better.

Classroom Activity: Most Common Mistakes

1 **Step 1: Ask your students to help create a list of mistakes that a person might make. You can write this list on your board.**

2 **Step 2: Ask your students to think about how someone might feel if they made a mistake that you listed on the board.**

Tip 1 Encourage your students to think of mistakes that could happen both during school and outside of school.

Tip 2 Here are some examples you can use if your students are stuck:
• Misspelling a word.
• Forgetting homework.
• Leaving lunch at home.
• Striking out at a game/missing a goal.
• Forgetting to finish chores.

Helpful Hint: If you notice certain students laughing or smiling when making the mistake list you can point this out to them. Then, ask them if they would also laugh or smile if they made the same mistake.
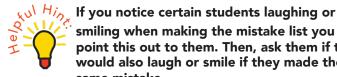
This is a moment to connect the dots for your students. You can point out how they may find it funny when the mistake happens to another person, but they feel down when they make a mistake themselves.

The ON OUR SLEEVES Movement For Children's Mental Health

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Reinforce that everyone makes mistakes and that it is okay!