

# LOCKDOWN WIZARD



## FAILURE A WAY TO SUCCESS

Ways to cope with Failures in life

**CCI  
Special**

*The attention & environment you  
provide shapes your child's brain  
development for life*

**#7  
ENGAGE**  
Series

In the present scenario of COVID our life goals and plans have gone completely opposite to what we imagined - examples no exams, no career planning for children etc.

At this point it's really important that we hand hold our children and prepare them mentally to face these challenges and failures in a positive and confident way by making them understand that failure is the way to success.

DB YaR Forum recommends you the following ways to help your child deal with failures in his/her life.

Note: - The following are basic tools. For severity of the issues don't hesitate to consult an expert.

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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 In 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.



## 6

# WAYS TO HELP YOUR CHILD *overcome the* FEAR OF FAILURE

by Big Life Journal

1

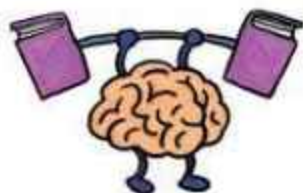
## CHANGE YOUR ATTITUDE ABOUT FAILING

- Be mindful of **your own** responses to mistakes and failure. Talk about what you've learned, and be willing to pick yourself up and try again.
- **Encourage** and **celebrate** your child's mistakes as learning experiences.



2

## EMPHASIZE EFFORT, NOT ABILITY



- Emphasize **effort** (and the process) over ability (and the outcome).
- When they struggle, discuss **specific strategies** that might work next time.

3

## DEMONSTRATE UNCONDITIONAL LOVE

Make it clear that you **love** your child unconditionally, even when they make mistakes or use poor judgment.







4

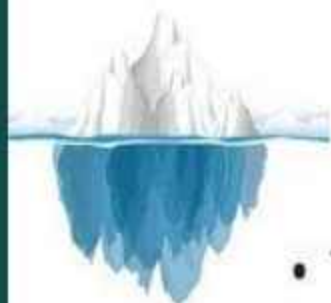
## CONDUCT THE "WORST-CASE SCENARIO" EXERCISE

- Start by grabbing a piece of paper so you can **brainstorm** together with your child.
- Ask them questions like: "If it all goes wrong, what's the **worst** thing that could happen?"

5

## HELP THEM FOCUS ON THE SOLUTION

- Discuss what **actions** they took, the **consequences** of these actions, and how these consequences can be **avoided** in the future.
- Ask questions like: "What went wrong?", "How can you fix or prevent this next time?"



6

## HAVE CONVERSATIONS ABOUT SUCCESS AND FAILURE

- Talk about success using the "**iceberg analogy**."
- Explain that when you see successful people, you only see the tip of the iceberg. You don't see what's "under the water," failures, rejection, grit, effort, discipline, persistence, etc.

# Self-Esteem Check-Up

**Directions:** Rate from 0 to 10 how much you believe each statement. '0' means you do not believe it at all and '10' means you completely believe it.

Statement

Rating

1. I believe in myself
2. I am just as valuable as other people
3. I would rather be me than someone else
4. I am proud of my accomplishments
5. I feel good when I get compliments
6. I can handle criticism
7. I am good at solving problems
8. I love trying new things
9. I respect myself
10. I like the way I look
11. I love myself even when others reject me
12. I know my positive qualities
13. I focus on my successes and not my failures
14. I'm not afraid to make mistakes
15. I am happy to be me

Total Score

Overall, how would you rate your self esteem on the following scale:

0 \_\_\_\_\_ 10

I completely  
dislike who I  
am

I completely  
like who I am

What would need to change in order for you to move up one point on the rating scale?  
(i.e. For example, if you rated yourself a "6" what would need to happen for you to be at a "7"?)

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### 1. Learning from failure



### 2. Failure to success



### 3. Success – a short story



### 4. Inspirational video on success



### TO SEARCH ON THE WEB

1. How to overcome failure
2. Are failure important?
3. How Failure leads to success?
4. Why is it important to handle failure positively?
5. Self - esteem and failure relationship.

**Let's hand hold our children to become the best version of themselves!!**





Everything and everyone is  
won by the sweetness of  
our words and works

- Don Bosco

**Don Bosco National Forum for the Young at Risk**



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