

# THE POWER OF "YET"

"MISTAKES ARE PORTALS TO DISCOVERY"-JAMES JOYCE

NEWSLETTER

Now that we are securely in our 2018-2019 school year, students have settled into their classrooms and routines have been established. However, we are also at the time of year when many subjects have moved well beyond review and new concepts are being introduced. For most students this means that they are learning challenging new skills. You may have already heard "I'm just not good at math" or "I am not a fast reader." This is the time to reframe your child's thoughts and introduce them to the power of "YET." When students complain about not understanding a concept let them know that they do not understand it "YET." Do not solve the problem for them but help them to brainstorm multiple strategies to assist them in mastering the challenge. Encourage them to look at the problem a different way, take a break and come back to it, practice a little each day, or find a teacher or friend to help them when they are at school. The use of "YET"

teaches children that learning is about a process of developing a variety of strategies and tools to problem solve, and not just about an outcome. Studies have shown that our brains are constantly growing and developing new pathways with each new opportunity and challenge that we face. Do not take away your child's opportunity for growth by allowing them to accept that they are just "not good" at a subject. Instead, encourage them to find new ways to solve challenges and reframe the problem with the power of "YET."

mistakes.

**Tip #3**

Read books to your child like The Little Engine that Could, Leo the Late Bloomer, and What to do with a Problem.

**Tip #4**

Praise the effort of your child. Research has shown that saying, "You are working really hard on that!" is more beneficial than telling a child "You are so smart." Praising the effort makes kids want to try harder even if they are unsure about themselves.

**Tips to Help!**

**Tip #1**

If you hear your child say, "I can't" or "I don't get it!" have them add YET to the end of the sentence. "I can't do it YET" or "I don't get it YET."

**Tip #2**

Have a conversation with your child that it is OK to fail as long as they learn from those failures/

**10 Things to Say Instead of Good Job....**

1. I am so proud of you!
2. Can you tell me about this?
3. I knew you could do it!
4. What was your favorite part?
5. Your hard work shows.
6. What did you learn?
7. This is so creative!
8. Great teamwork!
9. This was hard but you did it!
10. How did you do it?

**Next Months' Issue: Let's Talk Stress and Coping Skills!**

**THE FAMILY CIRCUS®**

By Bil Keane



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"My left leg weighs 'actly the same as my right leg."

**Kindness Campaign**

Last month, our elementary students all wore orange on Unity day to show we stand together against bullying and stand united for kindness, acceptance and inclusion. Students all over the U.S. also participated to send one giant message of hope and support to show that we believe no child should be bullied.

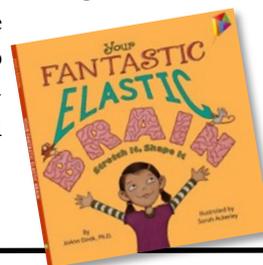
**Book Recommendation**

**The Girl Who Never Made Mistakes** By:

Mark Pett and Gary Rubenstein



**Your Fantastic Elastic**



**Brain: Stretch It, Shape**

It By: Joann Deak Ph.D. and Sarah Ackerley

