

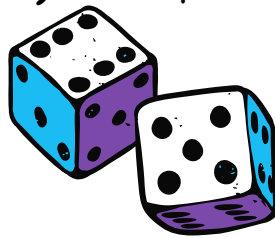
SAY "THANK YOU" TO YOUR MISTAKES

Everyone makes mistakes every day. It is impossible to be perfect.

Instead of feeling bad about our mistakes, let's look for the ways they helped us learn and grow.

INSTRUCTIONS:

1. Get a pair of dice. One for the grown-up and one for the younger player.
2. Describe a mistake you made.
3. Roll your die.
4. The number on the top of the die is the number of things you need to say you learned from making that mistake.
5. After you have listed what you learned, say "thank you" to the mistake because it helped you grow.



TAKE TURNS UNTIL YOU CANNOT THINK OF ANY MORE MISTAKES TO THANK.

REPEAT THIS EXERCISE WHENEVER YOU START TO DWELL ON YOUR MISTAKES.

Thank
you!

THANK
YOU!

Thank
you