

The Travell Counselor's Corner



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November: Growth Mindset, Goal Setting & Gratitude



Last month, all students in Travell gained daily access to Second Step, the new social emotional learning curriculum. The first unit that all grade levels will engage with is “Growth Mindset & Goal Setting.” However, what this looks like from Grades K - 5 will look very different. The following is a peek at what you can expect your children to be practicing here at school and some tips and tricks to try at home!

In Grades K-2, the main focus will be on “paying attention.” As adults, I am sure we all use that phrase more often than we would like, but do our kids even understand what we are actually asking of them? Paying attention is actually a skill that must be taught and continually practiced in order to develop it. In recent times, it is even more imperative that we deliberately hone in on this as sustained focus is just not as naturally embedded into our day to day lives as it once was!

Your children will be hearing that *paying attention means listening, watching & thinking carefully in order to learn and stay safe*. You can ask them to show you how they pay attention and share why it might be important during certain activities such as listening to instructions or crossing the street. When it is time for YOU to pay attention, ask your child if they can name any strategies that might help!

In addition, teachers will be delivering the message that **mistakes are ok** and changing the well known saying to “practice makes **better**.” To reinforce this message at home, you can point out when you make mistakes or share a story about a past mistake that you learned from. You can also ask them to identify one thing they would like to get better at, and be sure to set aside just 5 minutes a day to practice that skill with them. Of great importance, please know you are their greatest role models! Feel free to share something you are good at, what you did to get better, and who you asked for help along the way. Also be sure to remind them of all the things they once struggled with. For example, walking, talking, getting dressed and making their bed. **Look how far they have come!** This type of reflection is one strategy that can be used to replace unhelpful thoughts with helpful ones. When you are in need of motivation, ask your children to share their advice on how to keep going after a mistake and prevent giving up when you are working on something challenging.

In Grades 3-5, the focus will begin to shift toward more specific planning for targeted objectives. Your children will be learning about the different changes that happen within the brain when they take risks and achieve new things. Ask your child to show you their **practice plan**. Feel free to display it somewhere in your home where they can access it every day! In addition, your children will be working on setting and achieving a classroom goal. Check in with them each week! What is the goal, what makes it challenging yet doable, what plan have they created to help achieve it, what roadblocks might they be hitting along the way, and how did they feel in the end? As always, be open to identifying one of your own goals, from the past or present, and sharing your responses to these same questions with them. As your children then begin to set personal goals, try to continue this same reflection process. Encourage them to focus on why a particular goal is right for them, and remember, **you are their greatest example!**

In summary, this all ties nicely in with **gratitude**, which I feel compelled to mention during this month of Thanksgiving. Different mindfulness practices are woven throughout Second Step. Ask your children to share some your family might use to sharpen focus on all the tools, resources & abilities already accessible to help you achieve your goals and reframe doubtful, fixed mindsets into hopeful growth mindsets as we approach the winter months. 🍁 🍂 ❤️