

Dealing with Making a Mistake

1. Say to yourself, "It's okay to make a mistake. Mistakes help us learn."

"It's okay to make a mistake. Mistakes help me learn."



2. Think about what you can do to learn from your mistake.
 - a. Try it again until you get it right.



- b. Ask for help.

"Can you help me?"



- c. Apologize if your mistake upset someone else.

"I'm sorry."



3. Pick your best choice.

