

## February Guidance Lesson Theme:

# Courage

### Lesson focus...

Growth mindset means that you believe that you control your own abilities and that you can learn and improve at things. Having a growth mindset improves self-esteem and independence and improves relationships with others. It gives us the courage to try new things and face challenges.

In this lesson, students learned about the importance of having the courage to try new things!

### Important lesson takeaways...

While it's good to know what we are good at and feel proud of the skills and talents we already have, it is important to move past our comfortability in order to summon our courage and try new things!

In this lesson, students were asked to identify new things they could try within the following topics:

1. Food
2. Sport
3. Place to visit
4. Game or Toy

### Follow-up at home by...

Find a new activity that your learner has not tried before and work with him/her to try the new activity and help your child learn the skills to improve in the new activity.

Examples can include but are not limited to...

Sports, riding a bike, swimming, hiking, new game, new type of toy, art, music, different types of books, etc.



Sincerely,

Mrs. Levine, School Counselor

