

LEARNING OBJECTIVES

The purpose of this lesson is to help children understand that they can learn new things, which is part of growing to become our best selves.



LESSON CONTENT

Our brains are amazing. They help our bodies grow and function. They also help us learn new things. Learning takes time, patience, and practice. We are happiest when we are learning and growing. We can amaze ourselves by reflecting back on all of the things that we have learned before.

STRATEGIES

- Take risks and try new things.
- Ask questions from experts.

CONVERSATION STARTERS

- What is something that you used to not be able to do, but you can do now? How did that happen?
- What are some things that you would like to learn to do? Why?
- What does your brain do? What do you appreciate about your mind?

EXTENDING THE LEARNING

- Ask an older sibling or parent to show you what they are working on. As they work and explain, pay close attention and ask questions to better understand.
- With help, look up a how-to video that shows how to start a new art or science project. With permission, gather the materials and follow along with the video.