

# The Power of

“I can’t do it!” is a phrase we have all heard before (and sometimes it comes from our own mouth)! One word can help shift our mindset from fixed to growth. The power of YET. As we all know, children grow and learn at their own unique pace. When a child becomes frustrated and resorts to the dreaded phrase “I CAN’T” remind them of the process of learning. “You can’t do this yet but keep trying!” or “Maybe you are not able to now but let me show you a different way.” Or “Don’t give up, I like the way you continue to try.”

# YET

Every skill takes time to learn. Frustration can easily derail progress and cause a child to stop trying. Let children work through a difficult task resisting the urge to jump in and fix it for them. Allowing for mistakes and encouraging a child to continue to try are all part of building self-confidence and resilience. Look at mistakes as an opportunity to ‘exercise our brains’ and learn rather than fail. Changing our language and recognizing mistakes are an essential part of the learning process that will help not only children’s mindset but also our own.



Sesame Street characters Zoe and Elmo discover the Power of Yet. <https://youtu.be/46UhAtPyXw4>

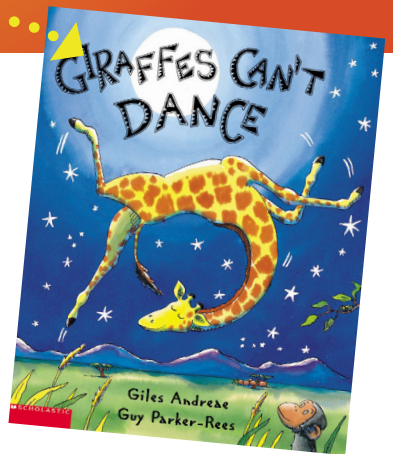
## ACTIVITY IDEA

Tightrope Walking: Walking on an imaginary “tightrope” made out of masking tape can help a child build concentration, confidence, and coordination. <http://www.pbs.org/parents/daniel/tightrope-walking/>



## READ ALOUD

*Giraffes Can't Dance*  
by Giles Andreae



With light-footed rhymes and high-stepping illustrations, this tale is gentle inspiration for every child with dreams of greatness. Check out these activities: <https://www.scholastic.com/teachers/lesson-plans/teaching-content/giraffes-cant-dance-lesson-plan/>

