



TOPIC

Resilience & Growth Mindset

LEVEL

Third Grade

THEME

Mistakes Help Us Grow

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Explain how mistakes help them learn.
- Share an example of a mistake they learned from.
- Use growth mindset words like "I can't do this yet."

MATERIALS

- Chart paper or whiteboard
- Markers
- Pictures/names of "famous failures"
- Mistake Reflection sheet (one per student)
- Crayons/pencils for drawing reflection

ESSENTIAL QUESTIONS

- Why do we all make mistakes?
- How can mistakes help us learn and grow?
- What can we say to ourselves when we feel frustrated by mistakes?

CHECK-IN / WELCOME (5 MINUTES)

Say: "For today's Aavidum lesson, we are learning about how mistakes actually help us grow. Making mistakes isn't a bad thing. It's part of learning. Even famous people make mistakes before they succeed."

Ask: "Raise your hand if you've ever made a mistake while learning something new. What happened?"

- Let 2-3 students share quick examples.

Put on the board:
"Mistakes = Learning"

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Let's look at some famous people who made big mistakes or failed before they succeeded."

Show or describe examples:

- Thomas Edison: Tried 1,000+ ways before inventing the lightbulb.
- Michael Jordan: Cut from his high school basketball team.
- J.K. Rowling: Rejected by 12 publishers before Harry Potter was published.
- Walt Disney: Fired from a newspaper job because "he lacked imagination"
- Dr. Seuss (Theodor Geisel): His first book was rejected 27 times before it was published.

Ask:

- "What would have happened if they gave up?"
- "What do you think kept them going?"

ACTIVITY: OOPS TO OPPORTUNITY (20 MINUTES)

Say: "Now it's your turn! We're going to think about a mistake we made and what we learned from it."

Say: "Think of a time you made a mistake. Maybe you missed a math problem, forgot your homework, or messed up in a game. What did you learn from it?"

Option A: Draw your mistake and what you learned on paper.

Option B: Write one or two sentences about your mistake and what it taught you.

Give students 5–7 minutes to draw or write.

Optional Sharing (2–3 students):

Invite volunteers to share their mistake and what they learned.

Say: "This shows that every mistake is really just an opportunity to grow!"

On the board, put:

"I can't do this!"

"I can't do this... YET!"

Say: "When we add the word yet, it changes everything. It means we're still learning, and that's okay!"

Practice together:

Say: "Let's practice saying it: 'I can't do this... yet!'"

(Have students repeat a few times with energy.)

WRAP-UP (5 MINUTES)

Discussion Questions:

- "Why is it okay to make mistakes?"
- "What can we say to ourselves when we feel frustrated?"

Challenge:

"This week, if you make a mistake, I want you to say: I can't do this yet. Remember what we learned today. Mistakes help us grow. Aavidum."