

Family Chats and Challenges!

F.A.I.L. (First Attempt In Learning)

We need to take away the negative stigma of failing. We know that failure is success in progress! When one door closes, another one opens, right? Rarely is the path to success linear without obstacles to navigate. As we continue let's ask our students to work on the task of **self-management** - *the ability to effectively manage stress, control impulses, and motivate oneself to set and achieve goals*. The hope is for everyone to celebrate the successes that result from failure!

Elementary Families - A positive outlook is a powerful thing! Even when your child is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on their own, help them see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook can enable children to see the good things in life and keep going even in the hardest times. At home, use history to show that life moves forward after bad events, and the worst things are specific and temporary. Consider sharing personal stories of triumph after trials. You are your child's first role model and knowing the positive end results of your failure has a positive impact on their ability to overcome difficulties.

Secondary Families - We have all heard of goal setting, but have you ever considered fear setting? Thought leader, Timothy Ferris defines fear setting as, "an operating system for thriving in high-stress environments. It's a way to visualize all the bad things that could happen to you, so you become less afraid of taking action." [Check out this blog](#) that takes you through the process of fear setting. This is a very powerful activity for all ages and can be a real game-changer!