

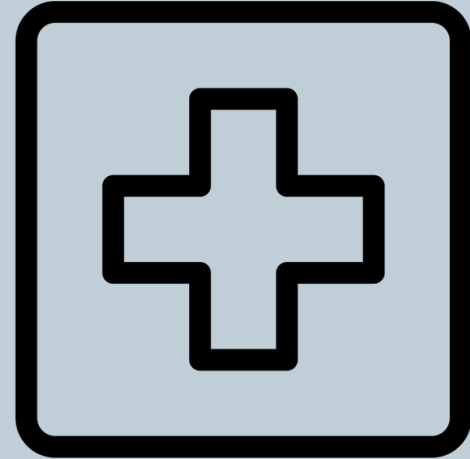
# EMBRACING FAILURE



Lessons in Mental Health







## **Lessons in Mental Health**

- Use this presentation as is, or view the Canva link for a fully modifiable template.
- Link: [Embracing Failure Presentation](#)
- PDF: [Navigating Failure Origami Directions](#)
- Link: [Embracing Failure Worksheet](#)
- PDF: [Embracing Failure Worksheet](#)
- Link: [Student Activity Reference Guide](#)
- PDF: [Printable Student Activity Reference Guide](#)
- Link: [Template For Student Use With Activity](#)
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.

# TODAY WE WILL....

- Explore how failure can help us grow
- Understand key traits like resiliency and confidence
- Complete an activity that shows how we learn through challenges

**EVER FEEL LIKE FAILURE IS THE END  
OF THE WORLD?**





# WELL IT'S NOT!

In fact, failure can be a great learning experience that can help you build your self-efficacy.

Self-efficacy is the belief in your ability to successfully accomplish tasks and achieve goals.



# FAILURE IS A TEACHER

Failure is like a *teacher*. It shows you what went wrong and helps you figure out how to do it better next time.

Failure helps us to build:

- Resiliency
- Growth Mindset
- Confidence
- Goals







# **10 MINUTE**

## **PARTNER ACTIVITY– PART 1**

Let's put that idea of Failure is a Teacher into practice with a quick challenge:

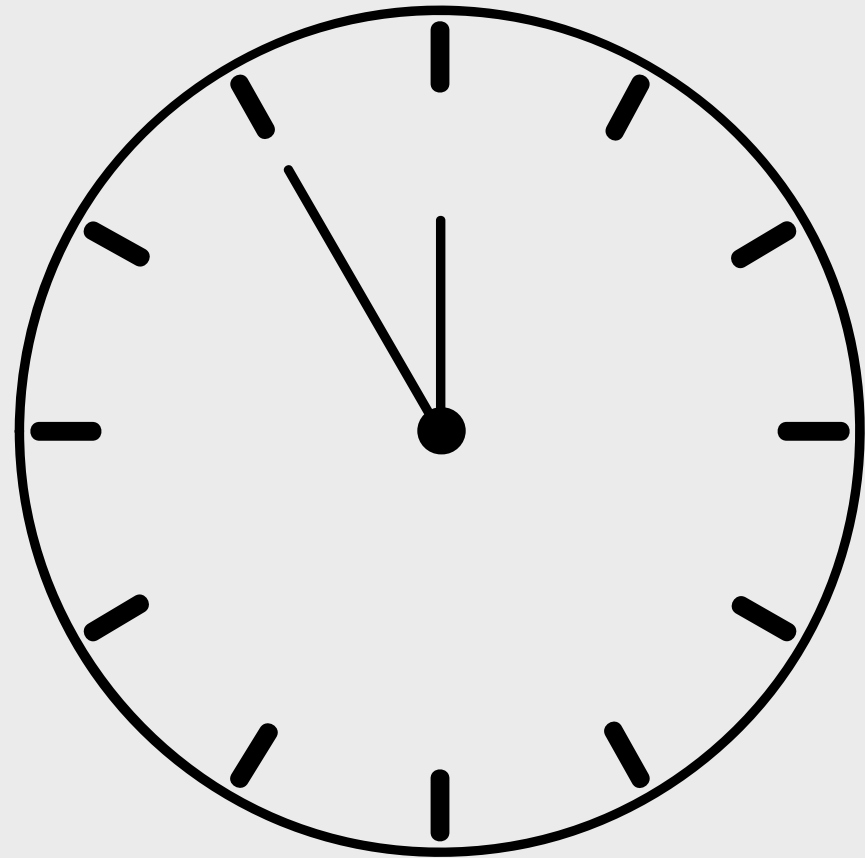
- Look at the completed example of the origami boat.
- Use the provided paper to replicate the boat.
- You have 5 minutes to complete your task.





# 10 MINUTE

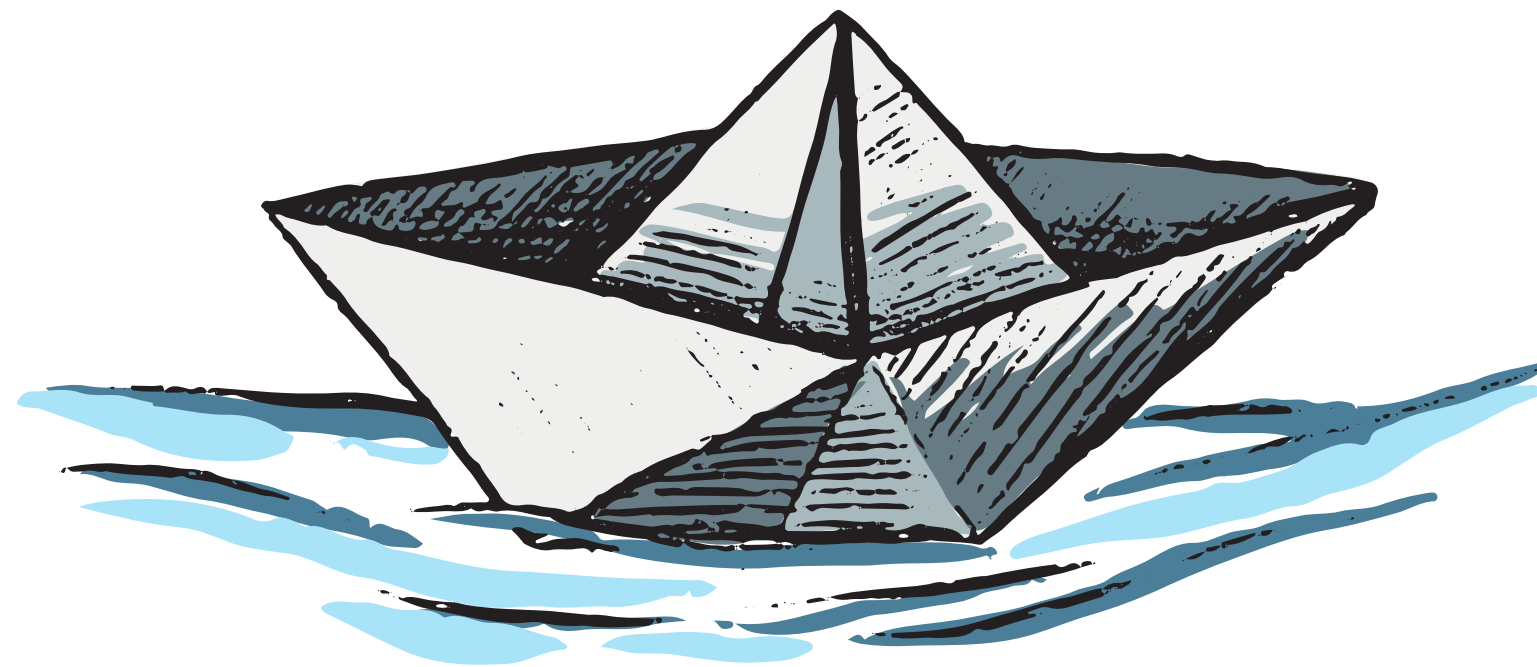
## PARTNER ACTIVITY–PART 2



- Now, you'll receive step-by-step instructions to make the boat.
- Use the directions and your paper to try again.
- You have another 5 minutes to complete your second attempt.

# **NAVIGATING FAILURE ORIGAMI BOAT DIRECTIONS**

**CLICK BOAT FOR LINK TO DIRECTIONS**





# REFLECTION

With a partner, define each term in your own words. Fill out the provided worksheet.

- Resiliency
- Growth Mindset
- Confidence
- Goals

Explain how each term connects to failure based on your experience in the activity.





# RESILIENCY

Resiliency is the ability to recover quickly from difficulties or setbacks. **It's about bouncing back when things don't go as planned.**

Every time you face failure and don't give up, you show yourself that you can handle tough situations.

This builds your self-efficacy because you realize that you can keep going even when things get tough.

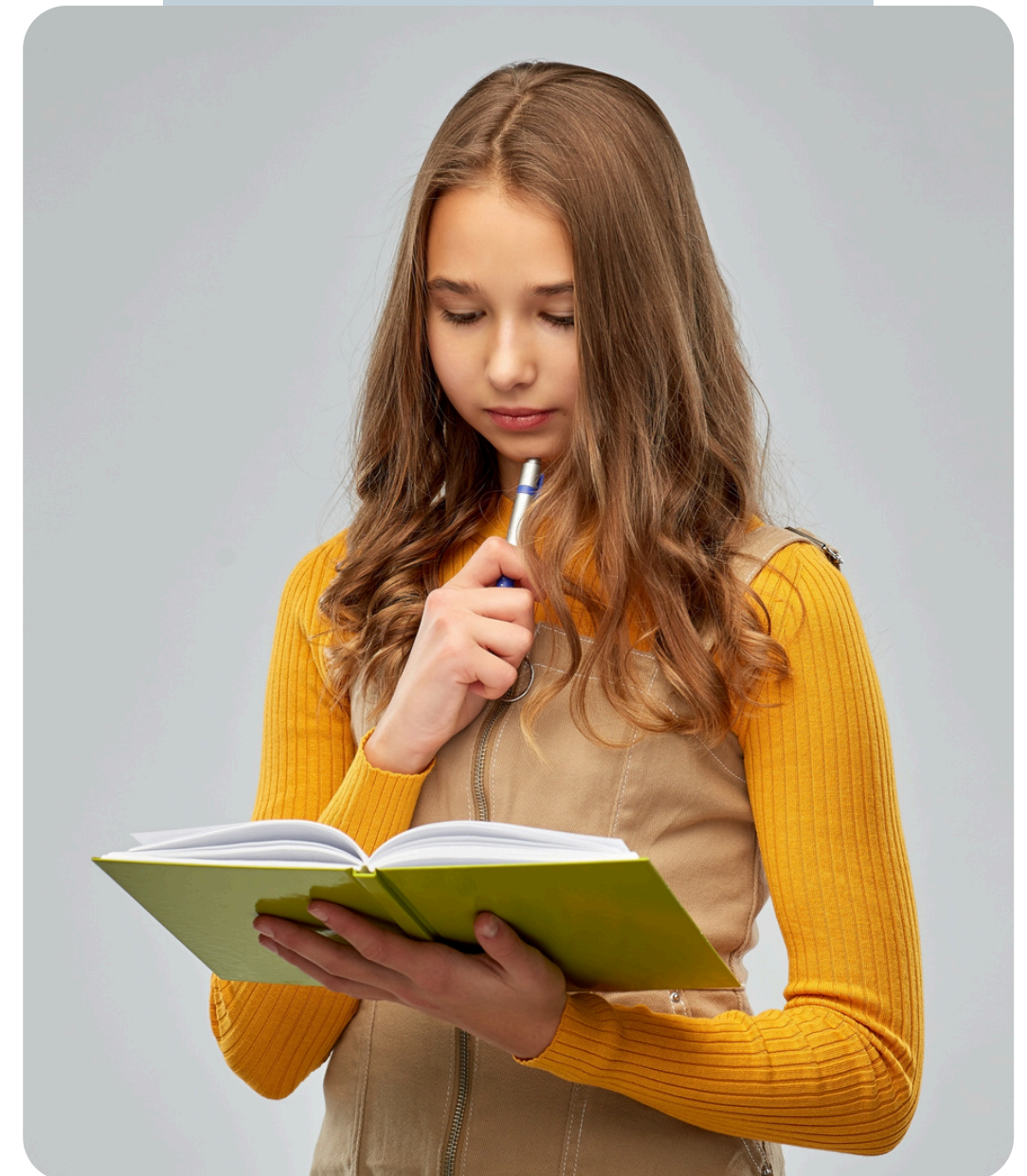


# GROWTH MINDSET

Failure can help you develop a "growth mindset," which is the belief that abilities and intelligence can be developed through effort, learning, and perseverance.

**Instead of viewing failure as a sign of inadequacy, you see it as an opportunity to learn and grow.**

You understand that your skills are not fixed but can evolve, which boosts your self-efficacy.





# CONFIDENCE

Confidence, or our belief in our ability, doesn't come from winning every time—it builds when we face challenges, experience setbacks, and still push forward.

**Every time we fail and try again, we strengthen our belief in our ability to overcome obstacles.**

True confidence is built not by avoiding failure or only winning, but by embracing failure and learning how to rise again.



# GOALS

**Goals help turn failure into a stepping stone.**

When setbacks occur, goals allow people to refocus and adjust their efforts, which helps them stay on track.

Your self-efficacy keeps growing as you reach these goals because *you see the connection between your efforts and your success.*





**DO WE LEARN MORE FROM OUR  
SUCCESSSES OR OUR FAILURES?**



SUCCESS REINFORCES WHAT WE  
ALREADY KNOW, WHILE FAILURE  
TEACHES US SOMETHING WE  
DON'T KNOW.



# EMBRACING FAILURE



So, remember, failure isn't the end of the world.

It's a stepping stone on your path to increasing your self-efficacy and becoming more confident and capable.



# JOURNEY

Failure isn't the opposite of success; it's part of the journey.

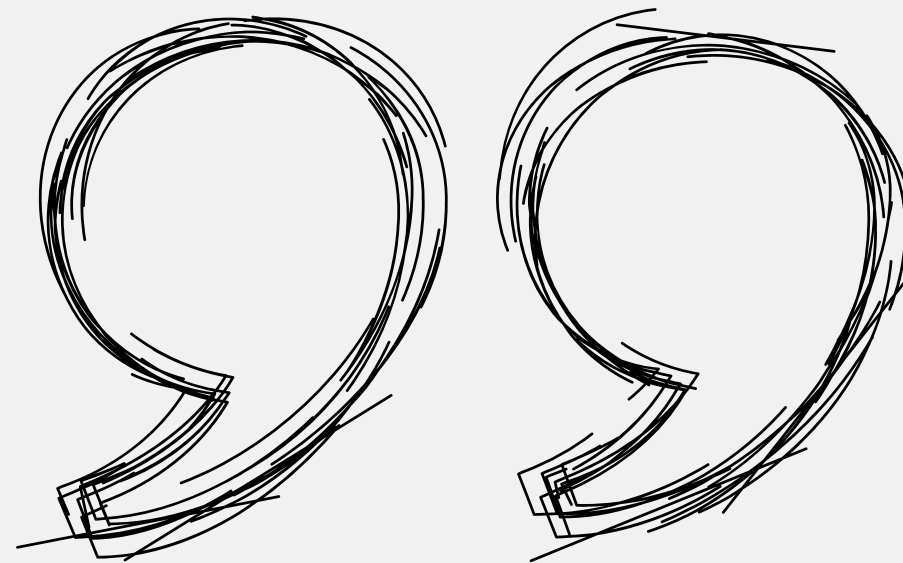
- Walt Disney: Fired from a newspaper for "lacking imagination," he went on to create an animation empire.
- JK Rowling: "Harry Potter" was rejected by 12 publishers.
- Beyoncé: Didn't make the cut for some early singing groups, but went on to conquer the music world.
- Michael Jordan: Cut from his high school basketball team, he eventually became the GOAT!

# **EMBRACING FAILURE**

## **INDIVIDUAL ACTIVITIES**

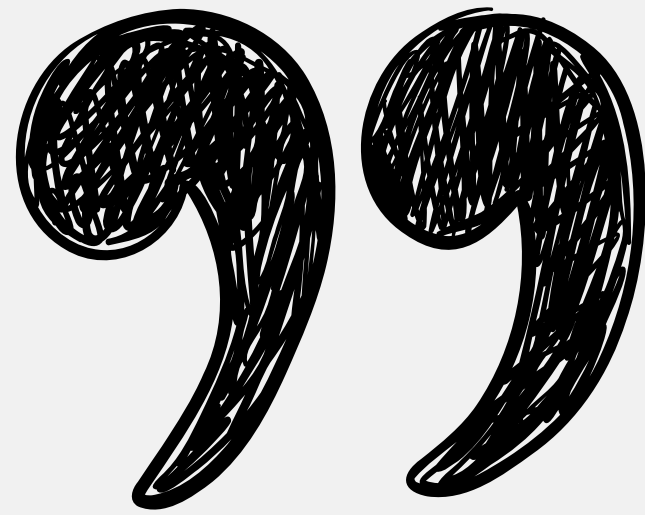


# **#1 EMBRACING FAILURE POSTER**





- Research famous failure quotes online.
- Choose a quote that encourages and creates a safe space for failure.
- Using Canva, create a poster profiling your quote.
- Ensure the message is supportive and encouraging and references the importance of failure.
- Include a picture, image, different style fonts, or graphics to enhance your poster.



# EXAMPLES OF QUOTES

- "It is impossible to live without failing at something unless you live so cautiously that you might as well not have lived at all—in which case, you fail by default."— J.K. Rowling
- "Failure is success in progress."— Albert Einstein
- "Failure is another stepping stone to greatness."— Oprah Winfrey

# **#2 EMBRACING FAILURE SUMMARY**





## **Step One:**

- Define Self-Efficacy:
  - Write a brief definition of self-efficacy in your own words.

## **Step Two:**

- Describe a Personal Example of Failure:
  - Share a time when you failed at something.  
Explain what happened and how it made you feel.

## Step Three:

- Connect Your Experience to Key Terms:
  - For each term below, explain how your experience demonstrates the idea of failure as a teacher.
  - Be sure to **bold** each term within your explanation:
    - **Resiliency**: Bouncing back from setbacks.
    - **Growth Mindset**: Seeing mistakes as learning opportunities.
    - **Confidence**: Gaining knowledge and skills.
    - **Goals**: Refining goals based on challenges.

**250 word minimum**

# Template (Optional)

Click on the icon link below

Scroll down to access and edit the template



Template  
Click Here



# **TURNING IN YOUR PROJECTS**

## **POSTER**

- Use Canva to create your poster.
- Download as PNG or JPEG.
- Upload online to Embracing Failure Poster

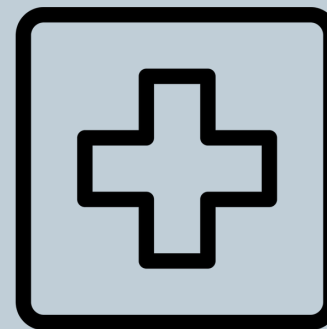
## **SUMMARY REFLECTION**

- Use Canva or Google Docs for your summary.
- Include each prompt within your summary.
- Download as a PDF.
- Upload online to Embracing Failure Summary.

LEAD WITH COMPASSION, EDUCATE WITH PURPOSE.

*Until our next lesson*

Visit [Lessons in Mental Health](#) for more FREE lessons and activities that support Mental Health Education.



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