

## EMBRACING FAILURE WORKSHEET

### WORKSHEET



Lessons in Mental Health

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

Work with a partner to define each term below in your own words and explain its connection to failure.

<b>Resiliency</b>	
Defintion in your own words:	
How does it connect with failure?	

<b>Growth Mindset</b>	
Defintion in your own words:	
How does it connect with failure?	

<b>Confidence</b>	
Defintion in your own words:	
How does it connect with failure?	

<b>Goals</b>	
Defintion in your own words:	
How does it connect with failure?	

Do we learn more from our successes or our failures?



Lessons in Mental Health

- Use this reference guide as is, or view the Canva link for a fully modifiable template.
- Link: [Embracing Failure Worksheet](#)
- Canva is FREE for all teachers.
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