

What Is My Child Learning?

Unit Themes

Your child is learning ways to improve when they're learning a new skill and ways to keep going when they make a mistake or face a challenge. Second graders share what they can do to help themselves learn new skills—for example, asking for help, practicing, and trying hard. They also learn that mistakes can help us figure out what's not working, so we can make changes, try again, and do better the next time. Toward the end of the unit, students practice identifying and changing unhelpful thoughts ("I can't do this") into helpful thoughts ("I can't do it yet!").

Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- ▲ **Make positive choices**
- ▲ **Experience greater well-being**
- ▲ **Contribute to a better school environment**



Practice at Home

What to Look For

Notice and praise your child when they are working hard to learn something. Focus on the effort they're putting into learning and the strategies they're using to improve. For example, when they ask for help, when they practice, or when they keep trying even through mistakes and challenges. You can say, **You tried really hard and kept practicing so you could learn how to ride your scooter. You're getting better and better!**

Try This!

Practice: Help your child choose a task or a skill they would like to learn to do independently. For example, reading a story, caring for a pet, or drawing a favorite animal. Set aside a few minutes each day for them to practice. Remind them to ask for help when needed and use helpful thoughts to keep going. Don't forget to tell them that if they practice and try hard, they'll get it!

Discuss: When your child is doing something challenging and makes a mistake, ask, **What do you think isn't working? What's a small change you can make the next time? What are some helpful thoughts you could say to yourself to help you keep trying?**