



The 5-step Mistakes Toolkit for Kids in Kidspeak

STEP 1: Give All Your Feelings a Safe Space to Play (Feel it all)

- Notice how your body is feeling. Does your body feel tight or relaxed? Are you breathing fast or slow? How is your stomach feeling? Do you feel hot or cool? Do you feel like talking or not?
- Draw, write or talk about all the feelings you are feeling. No feeling is right or wrong. Give each feeling lots of hugs and the space to express themselves.
- Try giving your uncomfortable feelings a hug.
- Do an activity that helps your feelings come out and play in safe and healthy ways like running outside, punching a pillow, crumpling paper, reading, drawing, etc.

STEP 2: Use Your Super Powers to See Your Outside & Inside (Be aware of the ego)

- It takes a special super power to be able to see everything that is happening outside of you and inside of you when mistakes happen. You have that super power!
- Tap into that super power and try hard to see everything clearly so you can notice every single detail.



- List all the outside things (outside of you: objects, circumstances, weather, people) that may have helped create your mistake
- List all the inside things (inside of you: you, your choices, your body, your mind, your feelings, your gut) that helped create your mistake

STEP 3: Create a Story (Reflect)

- Pretend your mistake story is part of a storybook.
- Draw, write or say your story out loud explaining everything in your mistake story. What happened before the mistake? After? You may choose to give yourself a new name as well as other people in your story.



STEP 4: Find Thanks In Your Maze (Search for Gratitude)

- Your mistake story is a maze in which you can find something to be thankful for.
- Find something or someone to thank in your mistake story.
- Notice how you feel when this happens. Does your body feel tight or relaxed? Are you breathing fast or slow? How is your stomach feeling? Do you feel hot or cool? Do you feel like talking or not?



STEP 5: Learn & Help (Do Better)

- Mistakes help us learn and grow. What is something you learned about yourself from your mistake?
- What can you do better next time?
- How can you help? Is there a way you can help make this situation better?