



TEACH MAKING MISTAKES & GROWING WITH AN INCLUSIVE SEL TOOLKIT

This completely updated resource combines an engaging social story with SEL tools and activities designed to help children **understand mistakes, explore what they need, make thoughtful choices, and keep growing.**

Children learn that mistakes are a normal part of learning and everyday life.

Through discussion, guided practice, reflection, and real-life application, children learn to:

- Understand that everyone makes mistakes.
- Notice thoughts, feelings, and needs after a mistake.
- Pause when a pause would be helpful.
- Ask for help when they need it.
- Try again or try another way when appropriate.
- Fix what they can or help make things right.
- Recognize when a mistake can be let go.
- Use these skills at home, at school, and in their community.

oneGiggle at a time

KEEP SCROLLING TO SEE WHAT'S INCLUDED!



WHAT'S INSIDE THIS RESOURCE

Mistakes Help Me Grow

A Social Story About What I Can Do When Mistakes Happen



Social Story

Let's Talk About It!

Real Life Connections

Where can a mistake happen?

Can you think of examples at:

- School
- Home
- In your community

Let's Talk About It!

Think About Feelings

How might someone feel when they make a mistake?

Let's Talk About It!

Problem Solving

You are doing your work and realize you made a mistake.

Let's Talk Discussion Cards

Mistakes Help Me Grow

Teaching Point: A mistake happens when something does not go the way I planned or expected. Everyone makes mistakes, and mistakes can happen at school, at home, and in the community.



Pause • Think • Choose • Grow

Teaching Point: THINKING means noticing what happened and figuring out what I might need. I do not need to know right away.



SEL Teaching Cards

MY MISTAKES HELP ME GROW PROMISE

I promise to:

- ☐ Remember that everyone makes mistakes.
- ☐ PAUSE and give myself a moment when I need one.
- ☐ THINK about what happened and what I need.
- ☐ CHOOSE what might help me next.

Our Mistakes Help Us Grow Pledge

A Class Pledge

I know everyone makes mistakes.

I can pause and give myself a moment.

I can think about what happened.

I can choose what might help next.

I can ask for help when I need it.

I can fix what I can, or let it go.

Class Pledge & Student Promise

Calm & Confident Toolbox

Helpful tools I can use when a mistake feels hard.

Breathe Take 3 slow breaths. Breathe in through your nose and out through your mouth.

Pause Give yourself a moment to think about what happened.

Notice Notice how your body feels and what you might need.

Think Think about what happened and what you could do next.

Ask Ask someone you trust for help when you need it.

Move Move your body in a way that helps you feel better.

Try Again Give it another try when you are ready.

Fix It Fix what you can or help make things right.

Let It Go Some mistakes can be learned from and left behind.

Keep Growing Every time you practice handling mistakes, you are growing.

Calm & Confident Toolbox

Mistakes Help Me Grow

A Social Story About What I Can Do When Mistakes Happen



My Social Skills Reader



Mistakes Help Me Grow!

Social Skills Reader & Narrated Story Video

Mistake Help Me Grow

Everybody makes mistakes. They happen every day. At school, at home, and when I'm out, things may not go my way.

When a mistake feels hard to me, I can PAUSE and take some time. I can breathe or move or get some help until I'm ready to decide.

I can THINK about what happened. What might I need to know? Do I need help? Can I fix it? What could help me grow?

Then I can CHOOSE what works for me. I might ask, fix, or try. I might make things right or let it go. There's more than one reply.

Each time I learn from what went wrong, I GROW a little more. Mistakes are only moments, with new things to explore.

I can PAUSE. I can THINK. I can CHOOSE what works for me.

MISTAKES HELP ME GROW

PAUSE • THINK • CHOOSE • GROW

Skills Reminder Card

I Can Remember...

- ☐ Everyone makes mistakes.
- ☐ I can PAUSE and give myself a moment.
- ☐ I can THINK about what happened and what I need.
- ☐ I can CHOOSE what might help next.
- ☐ I can ask for help, try again, or fix what I can.
- ☐ Sometimes I can learn from a mistake and let it go.

My Challenge This Week

When a mistake happens, I will practice...

- ☐ Giving myself a moment.
- ☐ Asking for help when I need it.
- ☐ Trying again or trying a new way.
- ☐ Fixing what I can.
- ☐ Helping make things right.
- ☐ Learning from it and moving on.

Growing Every Day
week I practiced handling mistakes by:

Reminder Challenge Cards

Read, Reflect, Grow!

Draw a picture of yourself handling a mistake at school, at home, or in your community.

The poem says: Then I can CHOOSE what works for me.

Think About It: What could help me grow?

Oops! Now What Can It Be?

Hi! Can you help me? I was trying to draw a picture, but I dropped my pencil on the page and made this mistake. Can you turn my mistake into a picture?

What could help me grow?

Mistakes Help Me Grow

Everybody makes mistakes. They happen every day. At school, at home, and when I'm out, things may not go my way.

When a mistake feels hard to me, I can PAUSE and take some time. I can breathe or move or get some help until I'm ready to decide.

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Poetry Connection & Reflection Activities

Mistakes Help Me Grow Practice Mat

Pause • Think • Choose • Grow

Let's Practice Mistake Making!

Sometimes mistakes happen... I forgot to bring something I needed to school.

Pause → Think → Choose → Grow

What could help you pause for a moment? What happened? How might you feel? What could you do next? What could you learn or remember?

Let's Practice Mistake Making!

Sometimes mistakes happen... I said something that hurt my friend's feelings.

Pause → Think → Choose → Grow

What could help you pause for a moment? What happened? How might you feel? What could you do next? What could you learn or remember?

Let's Practice Mistake Making!

Sometimes mistakes happen... I was getting ready.

Pause → Think → Choose → Grow

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Let's Practice Mistake Making!

A SUPPORTIVE APPROACH TO MAKING MISTAKES & GROWING

Moving beyond “Just try again!” toward reflection, choice, support, repair, and growth.

Children do not need to respond to every mistake in the same way.

Instead, children learn to consider:

- What happened?
- How am I feeling?
- What do I need?
- What could I do next?
- Is there something that needs to be fixed or made right?

- Sometimes I can try again.
- Sometimes I can try another way.
- Sometimes I can ask for help.
- Sometimes I can fix what I can.
- Sometimes I can help make things right.
- Sometimes I can let it go and move on.

oneGiggleat a time

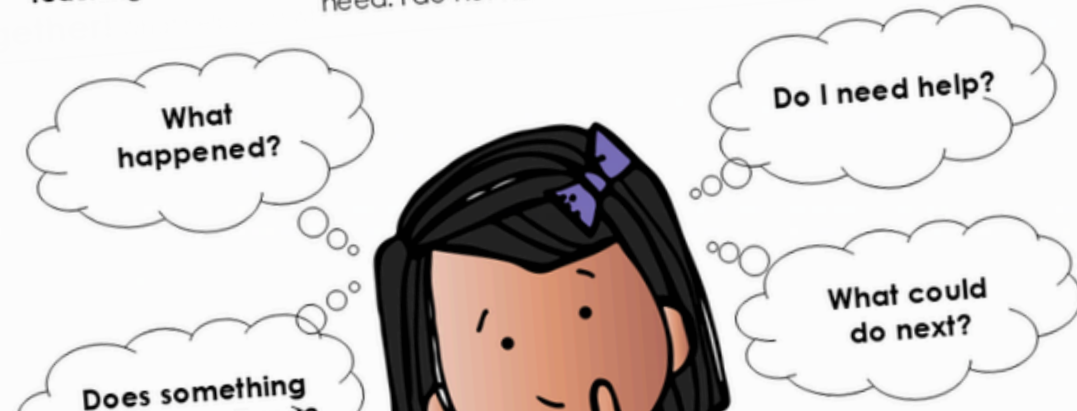
THE GOAL IS NOT A PERFECT RESPONSE. CHILDREN LEARN THAT THEY HAVE CHOICES ABOUT WHAT TO DO NEXT.

Skill Spotlight
Pause · Think · Choose · Grow
Teaching Point: PAUSING means giving myself a moment before I decide what to do next.



I might:
• Take slow breaths.
• Count.
• Stretch or move.
• Get help.
• Take a break.
• Do something different.

Skill Spotlight
Pause · Think · Choose · Grow
Teaching Point: THINKING means noticing what happened and figuring out what I might need. I do not need to know right away.



Skill Spotlight
Pause · Think · Choose · Grow
Teaching Point: Different mistakes may need different choices. I can choose something that fits the situation.



Skill Spotlight
Pause · Think · Choose · Grow
Teaching Point: GROWING means learning something from what happened and moving forward. Mistakes help me:



PAUSE • THINK • CHOOSE • GROW

A simple flexible framework children can use when mistakes happen.

PAUSE

Give yourself
a moment.

THINK

Think about what
happened and what
you need.

CHOOSE

Choose what
might help.

GROW

Learn and keep
going.

oneGiggle at a time

Name _____ Date _____
Let's Practice Mistake Making!
Sometimes mistakes happen...
I wrote the wrong answer on my paper.

Pause → **Think** → **Choose** → **Grow**

Name _____ Date _____
Mistakes Help Me Grow Practice Mat

Pause

Give yourself
a moment.

Think

Think about what
happened.

Choose

Choose what
might help.

Grow

Learn and
keep going.

I can ask:

What can I learn
or remember?

- ☐ Notice what I learned
- ☐ Practice something
- ☐ Remember for next time
- ☐ Be kind to myself
- ☐ Keep going

Name _____ Date _____
Calm & Confident Toolbox
Tools for Home, School, and Community
Helpful tools I can use when a mistake feels hard.

Breathe

Take 3 slow
breaths if
breathing
helps
your
body.

Pause

Give
yourself a
moment
before
deciding
what to
do.

Notice

Notice how
your body
feels and
what you
might
need.

Think

Think about
what happened
and
what
could
help
next.

Ask

Ask someone
you trust for
help
when
you
need
it.

Let It Go

Some mistakes

Keep

Growing

Children may use some or all of
these ideas depending on the situation.

A FLEXIBLE ROUTINE FOR REFLECTING, CHOOSING, PROBLEM-SOLVING, AND MOVING FORWARD.

DIFFERENT MISTAKES MAY NEED DIFFERENT CHOICES

Children practice thinking about what might help next.

TRY AGAIN

"I want to give it another try."

TRY ANOTHER WAY

"I can do this differently."

ASK FOR HELP

"Can you help me?"

FIX WHAT I CAN

"I can see what I can fix."

MAKE THINGS RIGHT

"My mistake affected someone else."

LET IT GO

"I can move on from this."

Different mistakes may need different **choices**. I can ask for help, or I can try again. I can fix what I can or make a different choice. If my mistake affects someone else, I can help make things right. Sometimes, I can just let a mistake go and move on. I can **CHOOSE** what works for the situation.

Ask for help.

Try again.

Fix what I can.

Make a different choice.

MY MISTAKES HELP ME GROW PROMISE

I promise to:

- ☐ Remember that everyone makes mistakes.
- ☐ **PAUSE** and give myself a moment when I need one.

Let's Talk About It!

Problem Solving

You are learning something new and it is not working the way you hoped.

THINK about what happened and what I need.
CHOOSE what might help next.

Ask for help when I need it.

Try again, fix what I can, let a mistake go.

Mistakes Help Me Grow

Everybody makes mistakes. They happen every day. At school, at home, and when I'm out, things may not go my way.

When a mistake feels hard to me, I can **PAUSE** and take some time. I can breathe or move or get some help until I'm ready to decide.

I can **THINK** about what happened. What might I need to know? Do I need help? Can I fix it? What could help me grow?

Then I can **CHOOSE** what works for me. I might ask, fix, or try. I might make things right or let it go. There's more than one reply.

Each time I learn from what went wrong, I **GROW** a little more. Mistakes are only moments, with new things to explore.

oneGiggle at a time

THERE ISN'T ONE "RIGHT" RESPONSE TO EVERY MISTAKE.

GROWTH HAPPENS WITH PRACTICE

Multiple opportunities help children understand, practice, reflect, and use mistake-handling skills in real life.



READ

Learn about mistakes through a relatable social story.



DISCUSS

Explore feelings, needs, choices, and real-life experiences.



PRACTICE

Use PAUSE → THINK → CHOOSE → GROW with everyday scenarios.



REFLECT

Notice what helped and what children might remember.



CONNECT

Continue learning with family resources and home activities.



GROW

Build confidence handling mistakes across settings.

Our Mistakes Help Us Grow Pledge

A Class Pledge

I know **everyone** makes mistakes.
I can **pause** and give myself a moment.
I can **think** about what happened.
I can **choose** what might help next.
I can ask for help when I need it.



Class Promise Practice Plan

Directions: Draw a picture and complete the sentence. Use the word bank to help you.
What is one thing you can practice when a mistake happens?

When I make a mistake, I can

Oops!

I was getting ready and put my shirt on backward.

Oops!

I was carrying my drink and accidentally spilled it.

Oops!

I forgot to put my toys away.

Oops!

I was building or making something and it didn't turn out the way I wanted it to.

one Giggles at a time

My Social Skills Reader

Mistakes Help Me Grow!

This book belongs to _____
They can happen at school. They can happen at home. They can happen in my community.



Everyone makes mistakes. Kids make mistakes. Grown-ups make mistakes, too. Mistakes are part of learning.



Mistakes can bring different feelings. I might feel frustrated, worried, sad, or surprised. I might not feel upset at all.



Mistakes Help Me Grow

A Social Story About What I Can Do When Mistakes Happen



Read • Discuss • Practice • Reflect • Connect • Grow

GROWING THROUGH MISTAKES IN EVERYDAY LIFE

Children practice flexible skills they can use at home, at school, and in the community.

AT HOME

Practice handling everyday mistakes during routines, chores, games, cooking, and creative activities.

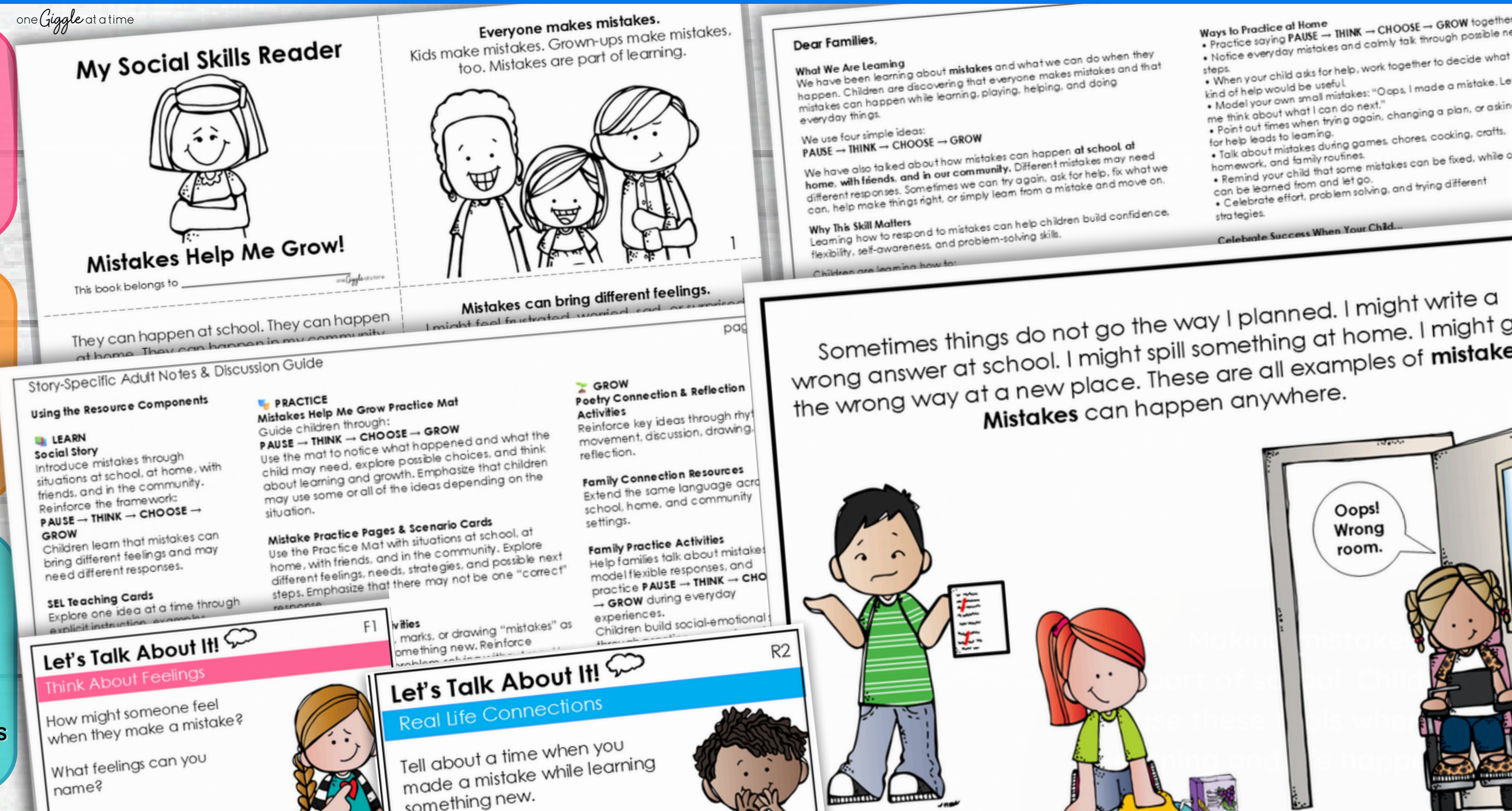
AT SCHOOL

Practice responding to learning mistakes, misunderstandings, accidents, and social situations.

IN THE COMMUNITY

Practice asking for help, trying another way, fixing what can be fixed, and moving forward when things do not go as planned.

one Giggles at a time



Building skills for confidence, flexibility, problem-solving, and everyday life.

ABOUT ONE GIGGLE AT A TIME



Diane Romo is an elementary educator, children's author, and SEL resource creator dedicated to helping adults support children's social, emotional, and behavioral growth.

Her resources are designed for teachers, counselors, interventionists, and families who want practical, engaging tools that build confidence, strengthen relationships, and help children succeed across school, home, and community settings.



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one giggle at a time is a passionate supporter of:

- ♥ Helping teachers create classroom communities that foster positive relationships.
- ♥ Helping students unlock their potential for greatness.
- ♥ Helping parents provide support for young learners to set them up for success.
- ♥ Making learning FUN!

one *Giggle* at a time



social emotional learning



classroom community



parent/family connection



classroom management



teaching ideas



seasonal activities