

# Curriculum Connections



## BUILDING RESILIENCE AND A GROWTH MINDSET

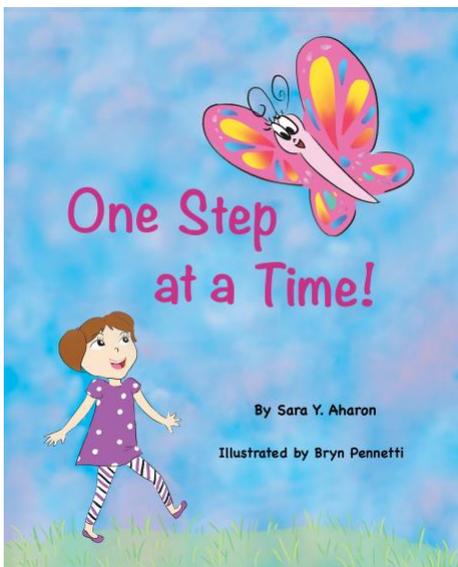
Pre-K | Kindergarten | First Grade | 30 minutes

### Learning Objectives:

- Empower students to bounce back from mistakes.
- Introduce students to the themes of resilience and perseverance.
- Build empathy in students for their peers who make mistakes.
- Reduce feelings of anxiety for students, emphasizing that mistakes are how people learn.
- Model to students the importance of “keep going, step by step” to build a growth mindset.

### Materials and Preparation:

- *“One Step at a Time!”* by Sara Aharon (Enterprise Leaf Press/ISBN 978-0-692-05867-1)
- Space for interactive storytime and practicing steps like stomping, jumping and twirling.



**Title:** *“One Step at a Time!”* (hardcover, 32 pages)

**Author:** Sara Aharon | **Illustrator:** Bryn Pennetti

**ISBN:** 978-0-692-05867-1

“One Step at a Time!” is a fiction picture book highlighting bravery and resilience. Emma is a little girl who loves butterflies, and she’s oh so thrilled when her new class pet is Belle the Butterfly! But when Emma makes a mistake at school, can she learn to be brave and bounce back? All she has to do is keep going...one step at a time! This book will model and spark discussion for young readers about what it means to persevere and bounce back from mistakes, step by step.

## Procedures:

- Read “*One Step at a Time!*” out loud. Ask students to follow along as the main character, Emma, experiments with taking different steps forward, including stomping, jumping, twirling. Encourage students to stomp, jump, twirl, etc. at the same time as Emma does.
- Highlight to students, as they take each step, that they’re moving forward literally and figuratively.
- Lead a class discussion during and after storytime using the below questions.

## Discussion Questions:

- How does Emma become brave after making a mistake?
- When Emma’s afraid to go back to school, her dad advises her “to put one foot in front of the other.” What does he mean?
- What does Emma’s friend Maggie do to help Emma feel better?
- How can you help someone else who made a mistake to feel better?
- Does everyone make mistakes or only some people do?
- How do you feel when you make a mistake? What’s something that helps you feel brave?
- If you could be any animal, what would you love to be? Why did you choose that animal?

### Vocabulary:

- Brave
- Nervous
- Careful
- Soaring
- Gaze
- Proud

## Extension Activities: Create Your Own Picture Book

Give each student 3-5 sheets of paper to draw their own picture book, focusing on a character who makes a mistake and discovers different ways to be brave. The story could be a real example from the student’s own life or a made-up idea from scratch. Encourage older students to write sentences as part of their picture book (ex: dialogue between characters). Through creative play and imagination, this activity will help students understand resilience and a growth mindset.