



Discussion Guide

Theme Two: Praise Kids So They Stay Engaged

Suggested Questions

Week 1: Praise Kids So They Stay Engaged

- Where are you most fixed-mindset?
- What sort of change have you scripted?
- Where have you been successful at fostering a growth-mindset?

Week 2: The Science of Success

- What “deconstructed successes” have been most relevant to your kids? To you?
- What types of activities do your kids see themselves as innately talented—or not—at? How do they feel when they practice these things?

Week 3: Perfectionism is a Disease; Achievement is a Myth

- How do you communicate to your children that you value their character over their achievements?
- How do you feel about the idea that achievement is really a myth, that our accomplishments do not equate with our potential?
- Did you try satisficing yourself or with your kids?

Week 4: How to Foster “Grit”

- Have you been celebrating your mistakes? How is this practice working for you?
- In hearing about your kids’ mistakes, how do YOU feel?



Tips for Discussion Group Leaders

Are you leading a discussion group for the first time? How great! Here are some things to consider:

- Many people feel nervous if they are the first to arrive, so be sure to arrive a little early so that you can make introductions.
- If your group has more than just a few members, why not have name tags? Even if there is only one person who doesn't know everyone else, think of how much more relaxing it will be for him or her.
- What is going to make your group fun? Are you meeting in a fun place? Going for a hike? Will there be any food and drinks?
- Warm people up with a quick ice-breaker, e.g. have people tell about a happy moment from their childhood.
- Arrange yourselves in a circle, and during the warm-up, have people introduce themselves in the order they are sitting (rather than randomly). That way, the shyer people will be encouraged to speak right away.
- As the discussion leader, be sure to encourage everyone to answer the questions you pose. Similarly, encourage people to refrain from judgment and to be supportive.
- Have fun!