



# JUMP INTO GROWTH MINDSET

## Discussion Questions:

1) Little Frog was afraid to jump over the puddle, what was he afraid of?

2) What happened when Little Frog fell in the puddle? What did he do?

3) What do you think Little Frog was feeling when he tried to hide? What did his friend do to help?

4) What did Little Frog learn, or realize when his friend fell in the puddle?

5) Why do you think Little Frog wasn't afraid to jump anymore?

6) Why was Little Frog finally able to make it to the other side?

## Activity:

### Leap Frog - Jump over your "puddle!"

1) What is something challenging or scary for you to try?

2) Think about how big of a jump you need to take to do your challenging thing. Is your thing a little jump, or a really big jump?

3) Mark the distance on the ground. Shout out your challenge when you make your jump. You can video or take a picture of your jump.



Opportunity to discuss whether kids made it, if it's ok that they didn't and what can they do to eventually make it?

