



# JUMP INTO GROWTH MINDSET

## Calming Strategies Lesson

Little Frog did 3 things to help prepare him for his big jump. Can you remember what they were?

*-stretched - took deep breaths - counted to 3*

Think of something you might be nervous to try, then see if you can come up with 3 things you can do to help you!

Activity:

Pick 1 of the choices below (or do all 3):

- \*Draw a picture of your strategies
- \*Act out your strategies (make a video)
- \*Take a picture of you using your strategies

