

Episode 1: Take-home questions

1. What was the biggest challenge you faced today? (Ask your child, and then have them ask the question back!)
2. How can you and I think about these challenges in a new way?
3. What can we do differently tomorrow if we face similar challenges?

Episode 2: Take-home questions

1. When I make a mistake I feel _____ because _____. How does it feel when you make a mistake?
2. What do you do about those feelings so that you don't get discouraged?
3. How can we support one another when facing challenges that result in many trials?

Episode 3: Take-home questions

1. Name a time you were afraid to ask for help. Why were you afraid? (Both parent and student should pick a moment to share)
2. How can you improve the phrase "I can't do this?"
3. Think of a time where you just didn't get "it." What could you do in that situation?

Episode 4: Take-home questions

1. What part of the brain did you learn about today?
2. What did you do today to make connections between your neurons?
3. What is one big challenge you've faced that has helped grow your brain? What's a new challenge you want to tackle now?

Episode 5: Take-home questions

1. Sometimes when we are working on a challenging task, we may think, "just try harder." Is there a way to change this phrase?
2. What are some strategies we can use when facing a big challenge, so that we don't burn out?
3. Brainstorm phrases we can use to keep us going when facing a challenge (e.g., "Nice effort trying to solving that math problem!").