

# Making a Splash

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illustrated by Jason Pastrana



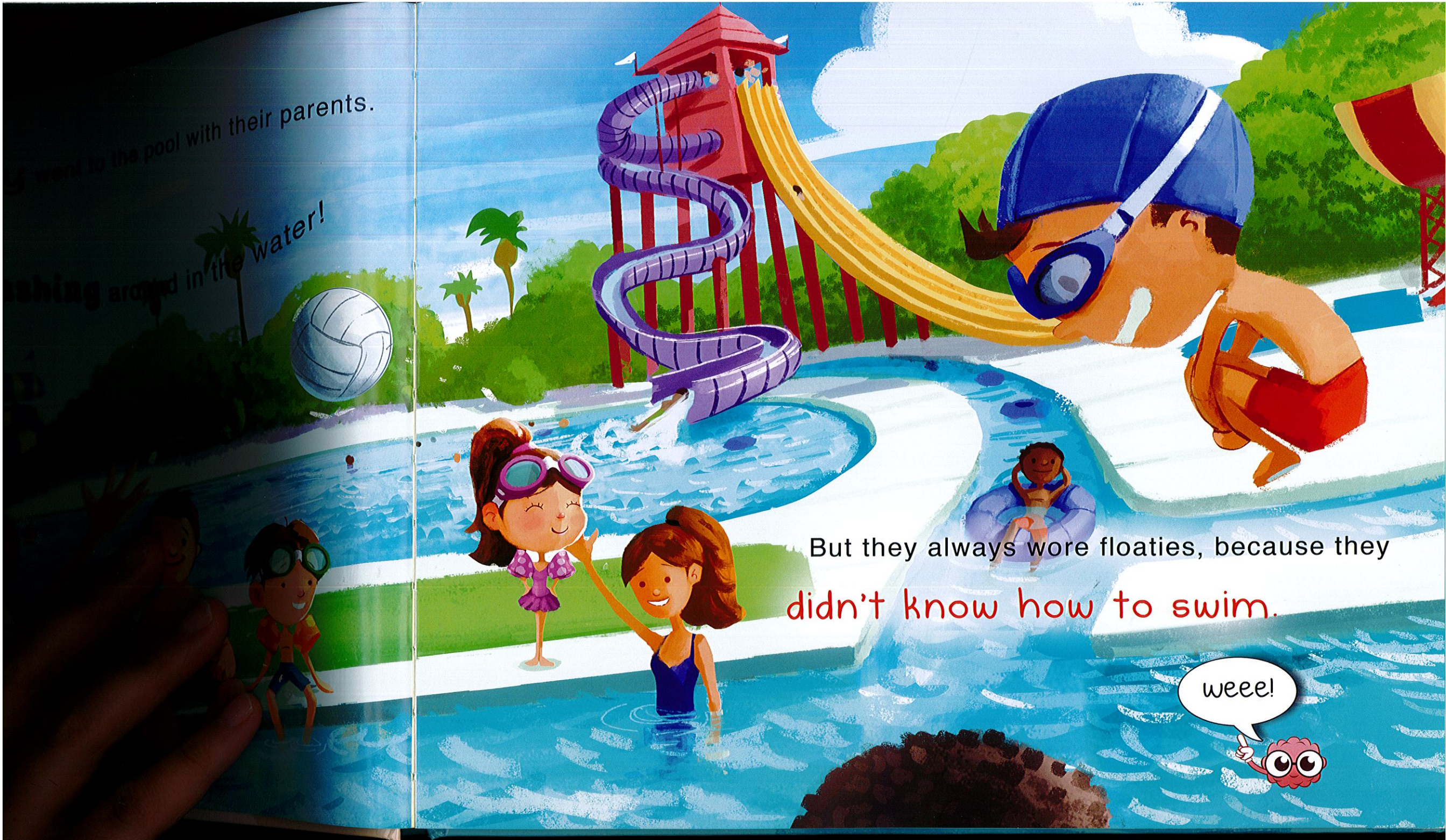
Every weekend, **Lisa** and **Johnny** went to the pool with their parents.

They had so much fun **splashing** around in the water!





...to the pool with their parents.  
...ing around in the water!



But they always wore floaties, because they  
didn't know how to swim.

weee!



One day, **Lisa** and **Johnny** wanted to learn to swim.

They asked their parents to sign them up for lessons  
with the pool's swimming coach.





to learn to swim  
up for lessons  
each.



3 ft



On the first day of class, the coach said,

"Today, we will learn to swim with a kickboard.

The goal is to swim the entire pool length of 50 meters."



My son's a  
genius!





**Johnny** jumped in, holding the board out in front of him and kicking his legs in the water. He made it all the way to the other side of the pool!

Wow, you're a natural swimmer!

said one kid.

Another kid exclaimed...

I wish I could be as talented as you!

Gold medal here I come!





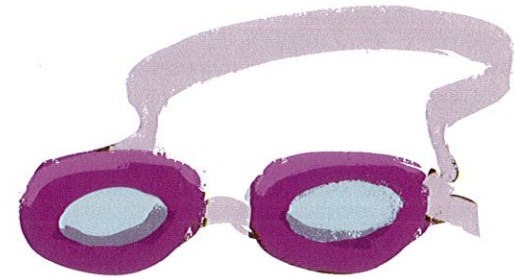
But **Lisa** had a more difficult time than **Johnny**.

Her legs usually sank to the bottom of the pool.

Why can my brother swim so much better than me? Swimming is too hard, I **CAN'T** do this.

**Lisa** shouted as she took off her goggles.

Power of **YET!**  
**Yet! Yet! Yet!**



The coach replied

You can't do this **YET**,  
When you practice hard  
things, they get easier!  
That's how we learn.



than Johnny.  
to the bottom of the pool.



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When you practice hard  
things, they get easier!  
That's how we learn.





"Swimming is sooooo easy!" Johnny teased.

"I don't have to work hard to swim!"

You've either got it or you don't."



Challenges make  
me stronger!



By the end of the day, both Johnny and Lisa  
learned to swim using the kickboard.



sed.

n!

u don't."

ve got it

The next day, the coach said, "Now you get to choose:

swim with the  
kickboard again  
which is **easier**



or swim without  
the kickboard  
which is **harder**

**Johnny** strutted into the water. "Definitely with the kickboard!"

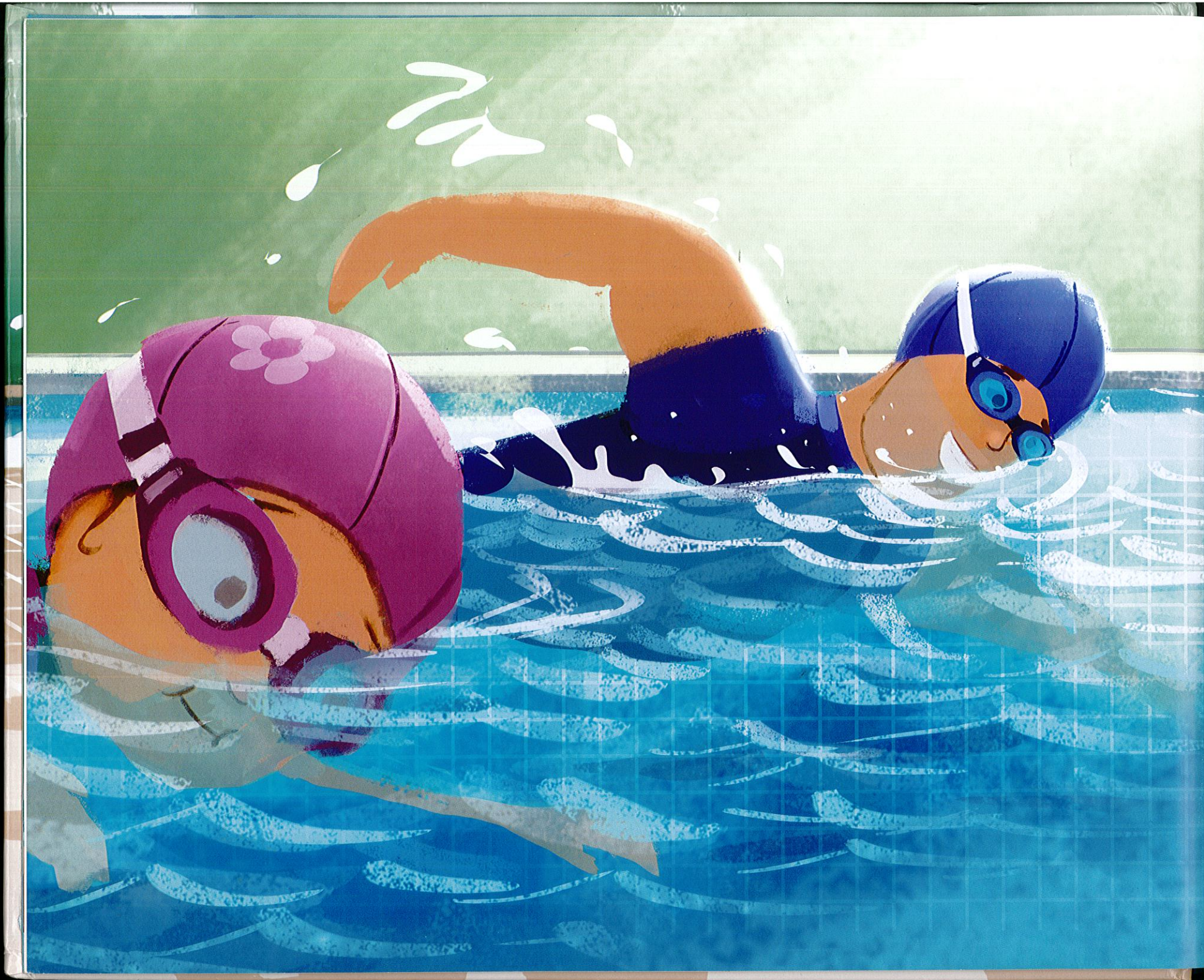
"You won't get any better without challenging yourself," said the coach.

**Johnny** snatched the kickboard "**Nope.**  
I looked awesome yesterday! Why would I want to  
try anything harder?"

oh no, Johnny's on  
the road to a  
**Fixed mindset**







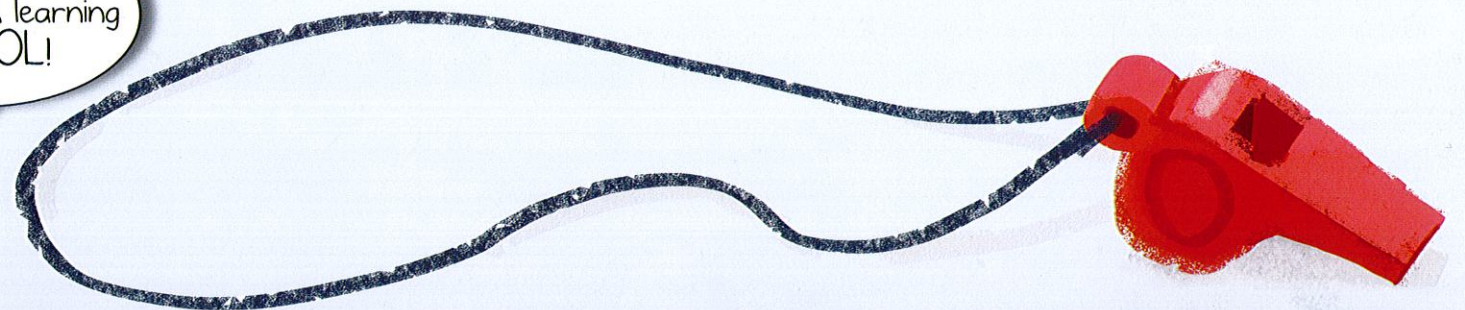
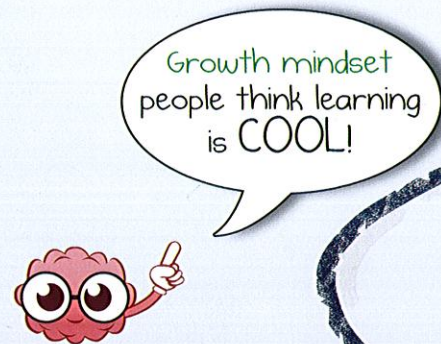
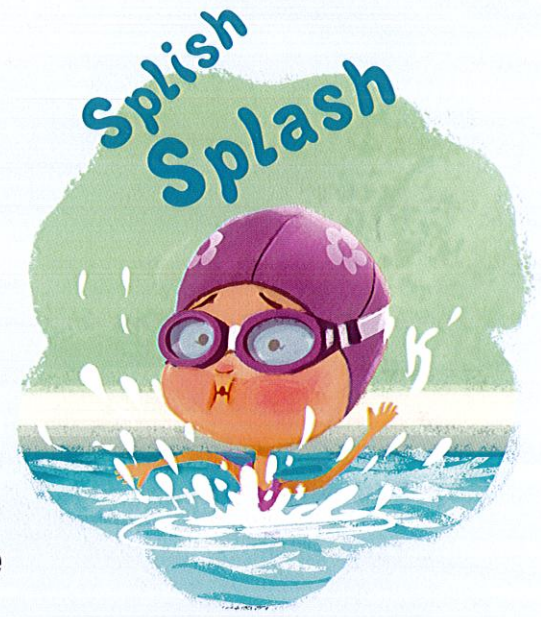


**Lisa** wanted to get better,  
so she chose to swim without the kickboard.

Yup, it was MUCH harder!

Instead of getting frustrated or upset,  
**Lisa** decided to stay calm and focus on all the  
cool things she was learning.

Meanwhile, **Johnny** swam around on his kickboard effortlessly.

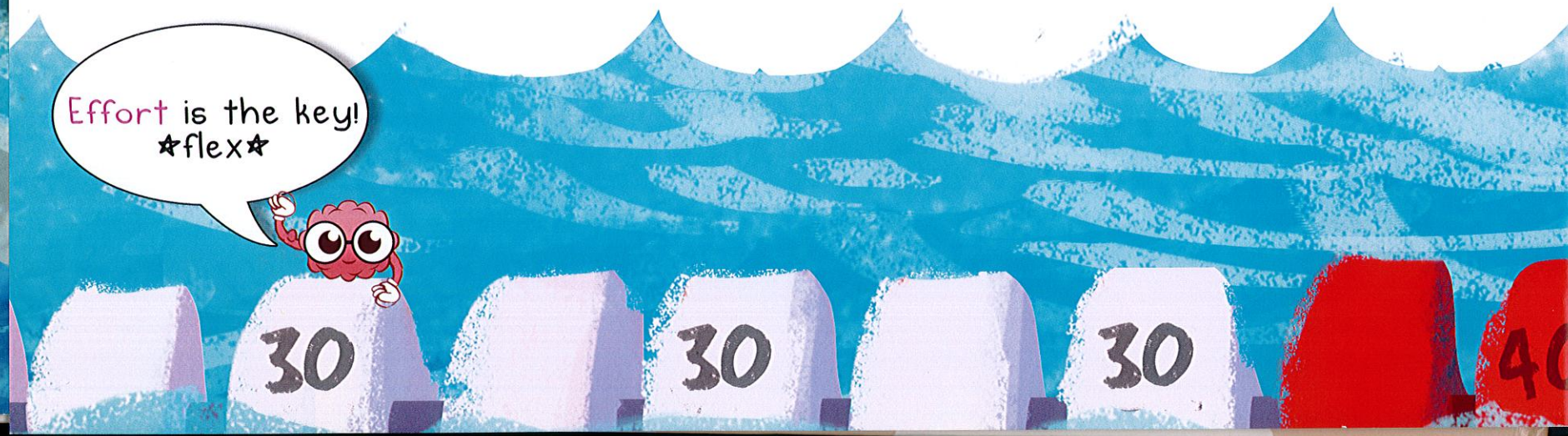




Each time **Lisa** started to sink, she thought, "Hmm...that didn't work. Let's try this another way!" Each time she tried, she figured out what worked. And a lot of what did not.

But slowly, lap by lap, **Lisa** got better.

**Her brain was getting stronger!!**



Effort is the key!  
★flex★

30

30

30

40



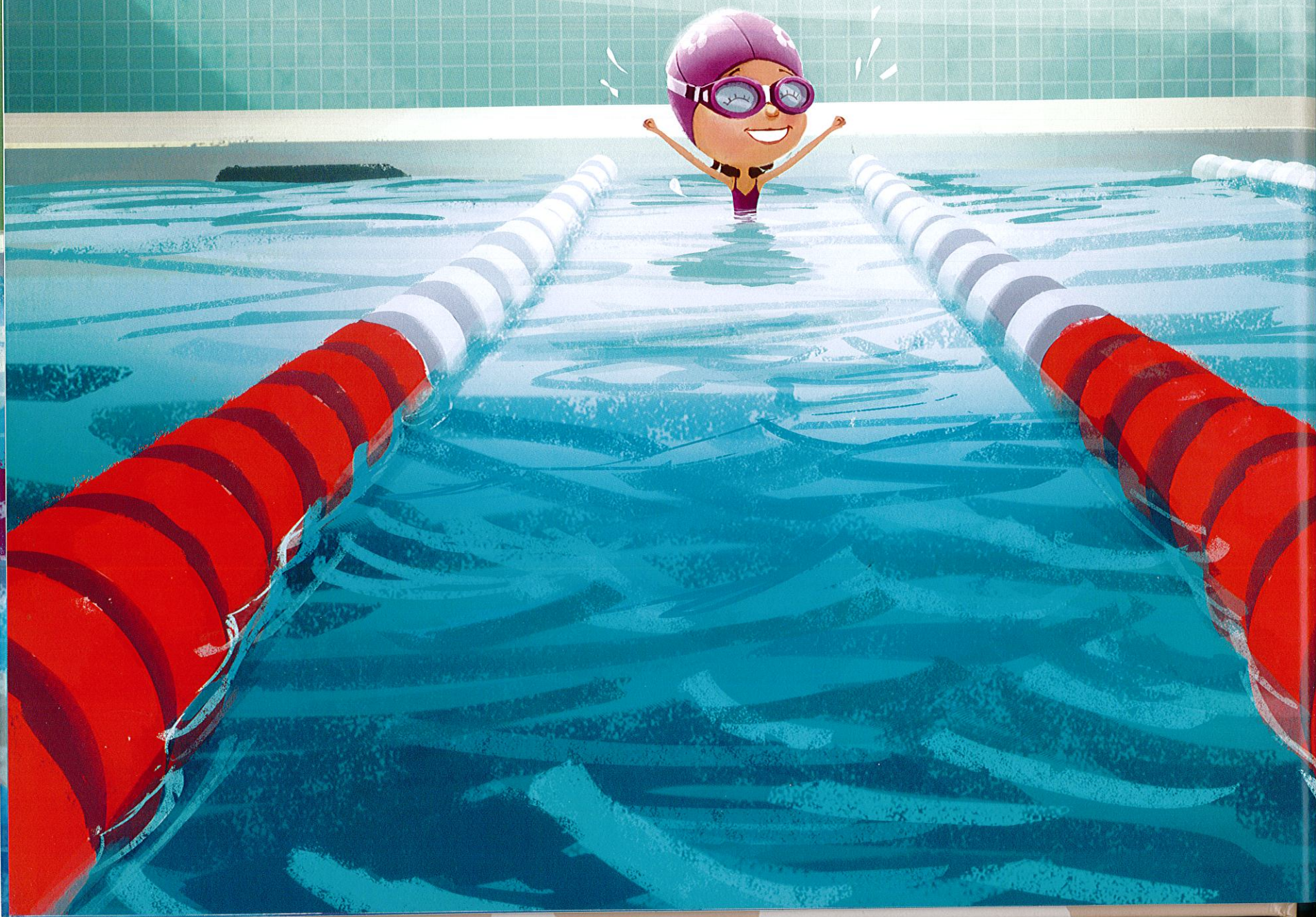
ught, "Hmm...that didn't work.  
e she tried, she figured out  
did not.

g stronger!!

Hooray, I'm  
swimming!













At the end of his week, **Johnny** found the kickboard **b-o-r-i-n-g**.  
But he was still not willing to try swimming without it.

He had seen how much **Lisa** struggled. No way were his friends going  
to see *him* struggle.

At the end of her week, **Lisa** could slowly swim all  50 meters on  
her own without a break!

She had learned how to float, how to exhale underwater, and how to turn  
her head to breathe while swimming. Looking back, she  
was proud of how far she had come!



Way to go!





Johnny and Lisa  
decided to race in the pool.

Johnny was sure he would win.

On your mark  
get set  
**GO!**

Off they both flew!  
They were head to head.

But since Johnny was on the kickboard, he only had his feet  
to move him forward.



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GO!

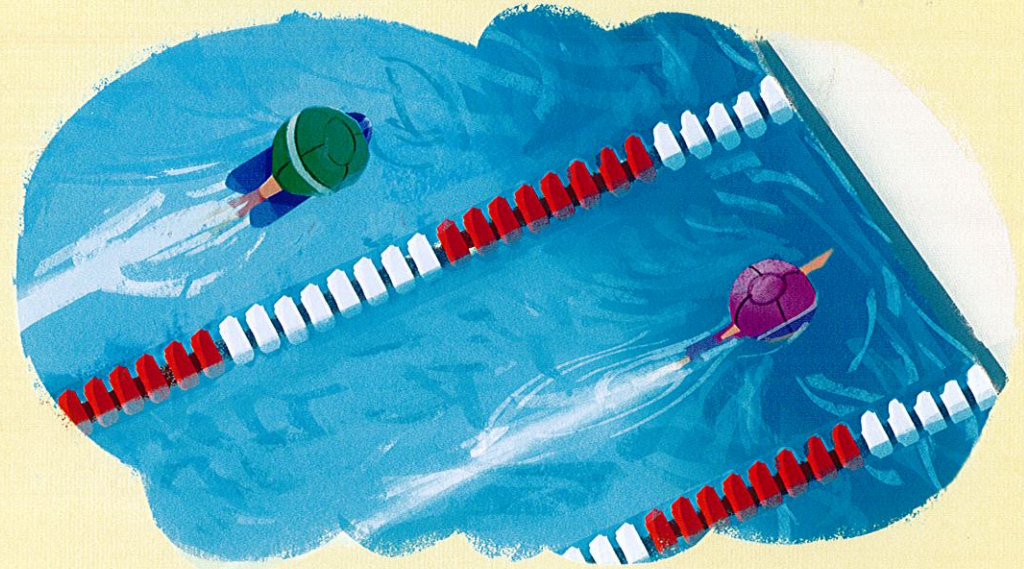
they both flew!  
they were head to head.

board, he only had his feet

Lisa could use her arms AND her legs.  
She burst ahead and

WON!

Swimming's  
not fun  
anymore



Johnny was so upset over  
losing the race that he did not  
want to swim ever again.

A Fixed mindset  
gives up during  
setbacks.





That summer, **Johnny** and **Lisa's** parents took them to the beach.  
They had planned to all swim and snorkel in the ocean together.

**Johnny** thought "This looks much harder than in the pool! There are no walls to rest on in the ocean. I can not see my feet!"

**Johnny's** parents asked "Do you want to go swimming with us?"  
"Nope." he replied.

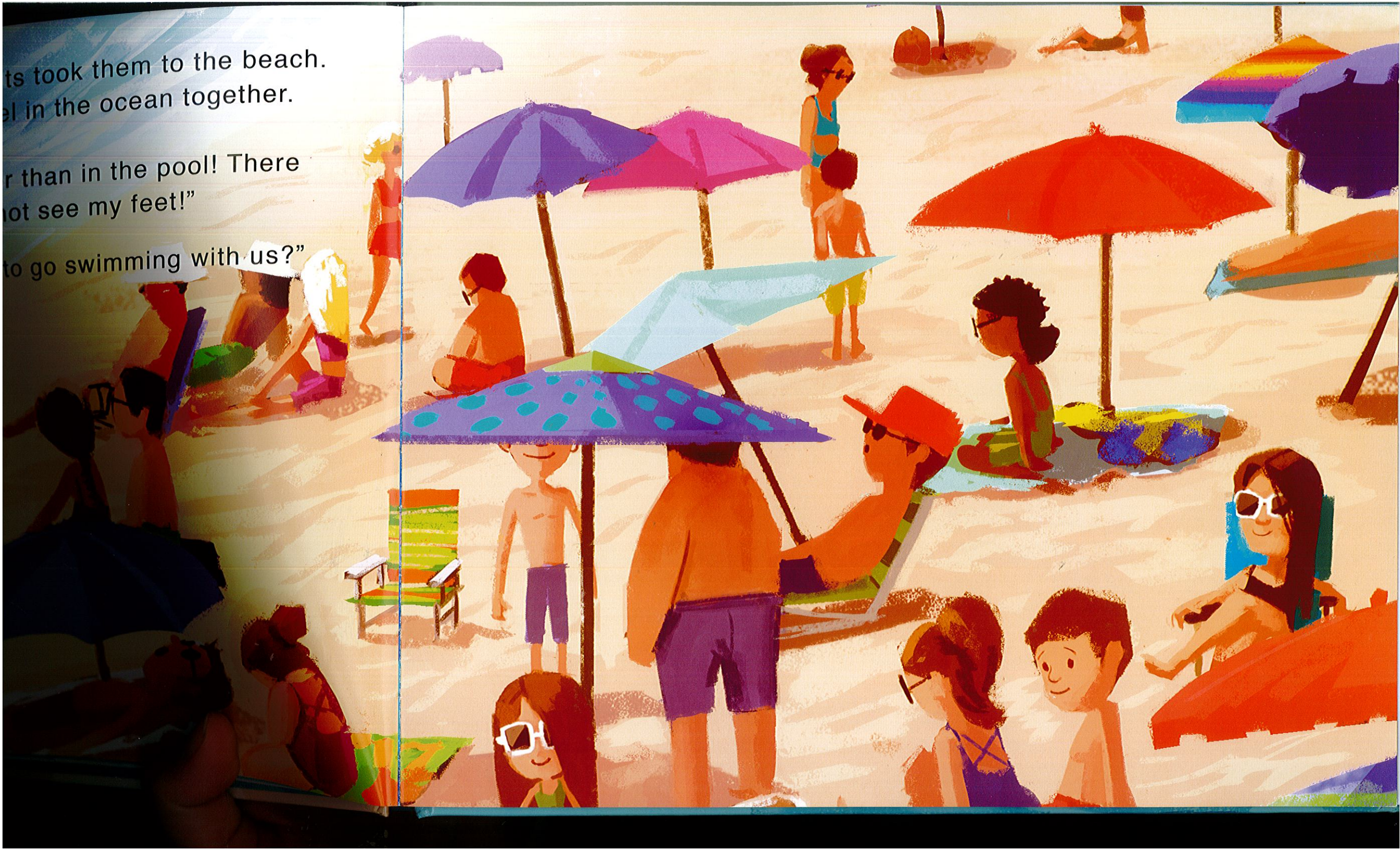




ts took them to the beach.  
el in the ocean together.

r than in the pool! There  
ot see my feet!"

to go swimming with us?"











Because she worked so hard learning to swim,  
**Lisa** got to go into the ocean with her parents and see the wildlife.  
She went into the water like she did at the pool.

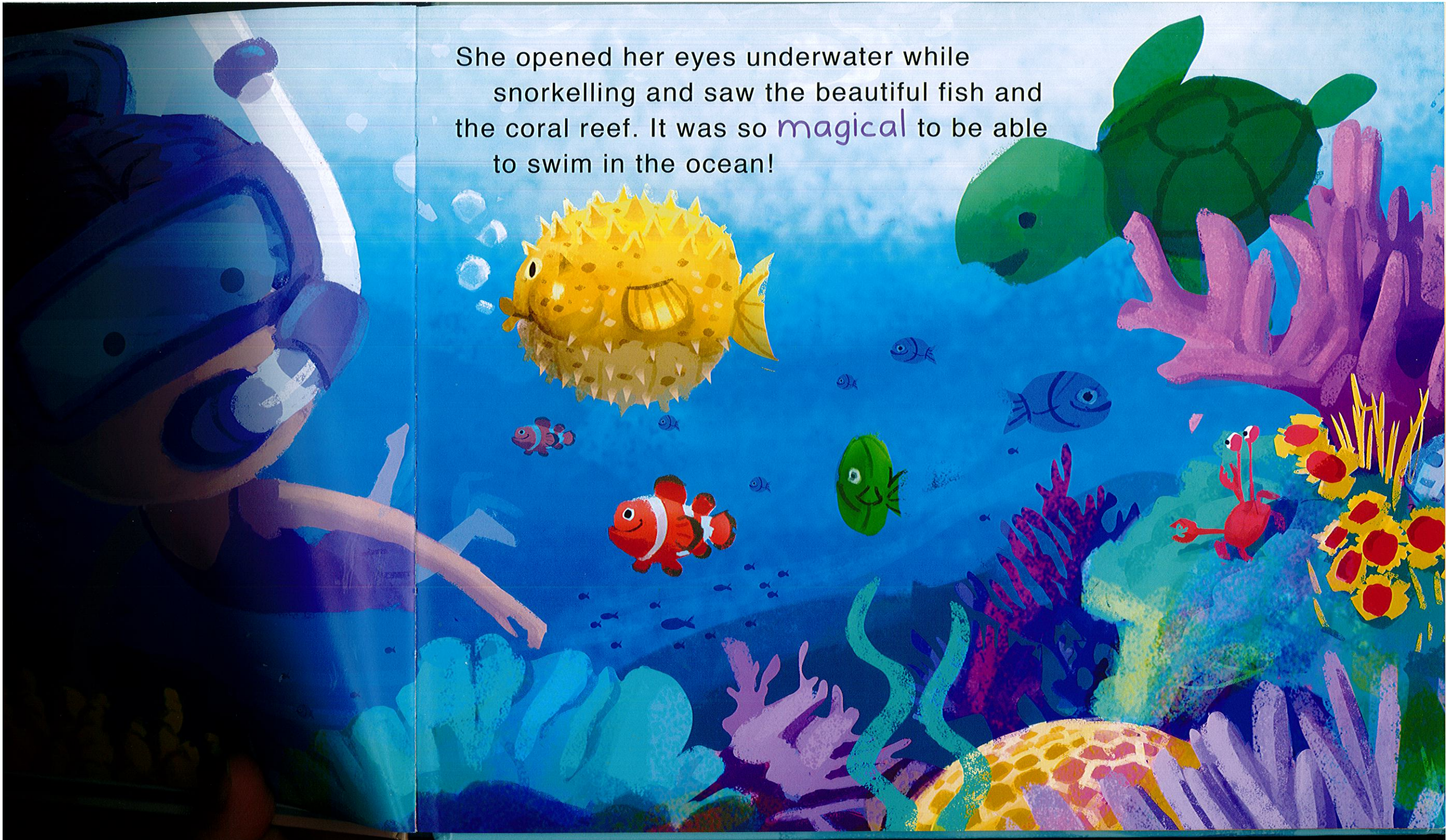
**Splash!**



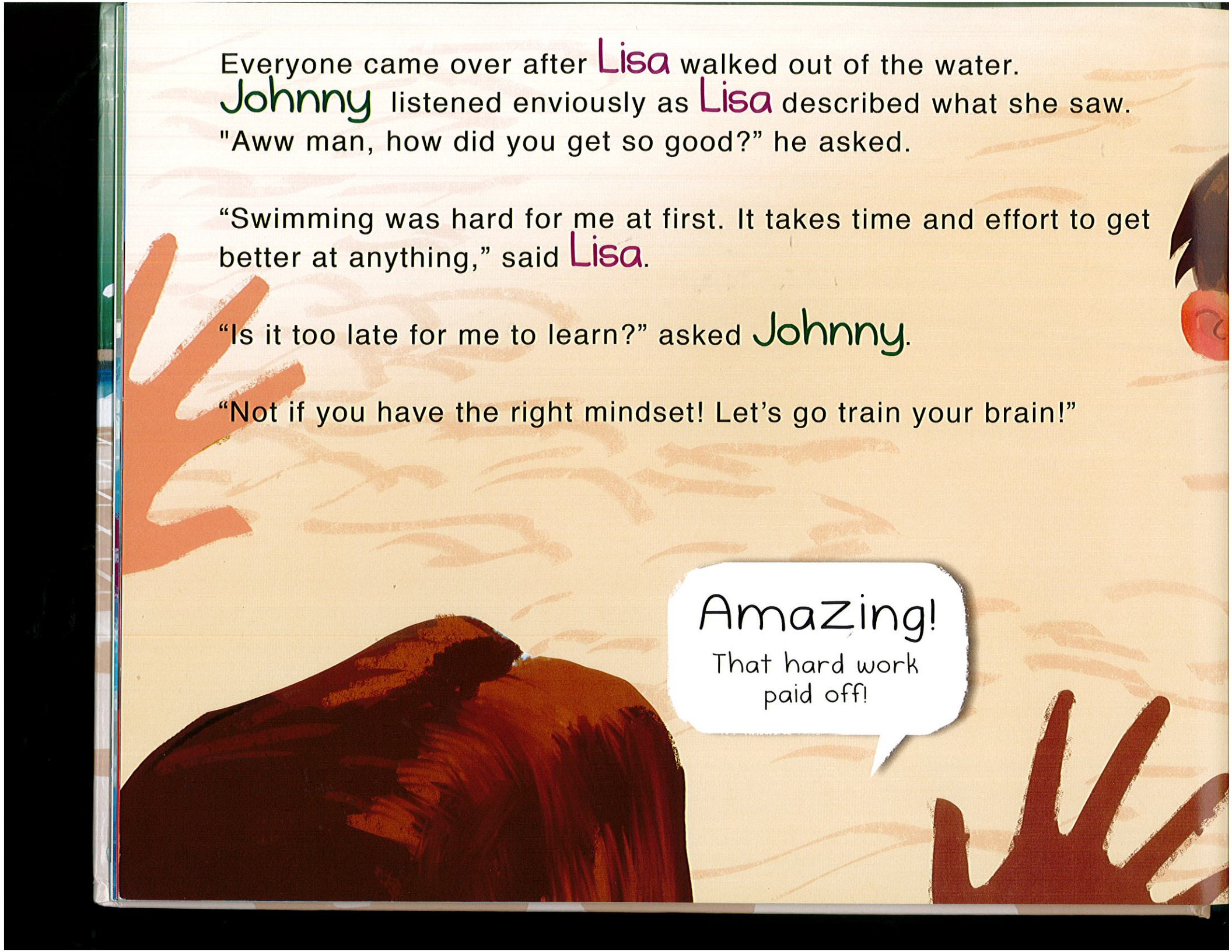




She opened her eyes underwater while  
snorkelling and saw the beautiful fish and  
the coral reef. It was so *magical* to be able  
to swim in the ocean!







Everyone came over after **Lisa** walked out of the water.  
**Johnny** listened enviously as **Lisa** described what she saw.  
"Aww man, how did you get so good?" he asked.

"Swimming was hard for me at first. It takes time and effort to get better at anything," said **Lisa**.

"Is it too late for me to learn?" asked **Johnny**.

"Not if you have the right mindset! Let's go train your brain!"

Amazing!

That hard work  
paid off!



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described what she saw.  
he asked.

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s go train your brain!"

maZing!

at hard work  
paid off!



Whaa

Wow!

The brain can change.  
It's *malleable*.





So they learned to swim together. They even helped each other learn other things like painting...



and playing basketball...



ven helped each other



ying basketball...

# and **MATH**

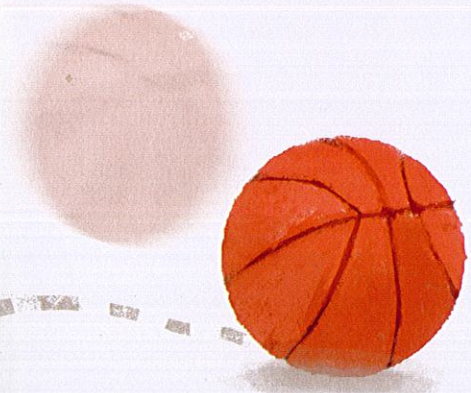
whew, what a workout!  
I'm pooped!



With all that learning, their brains got really really strong.

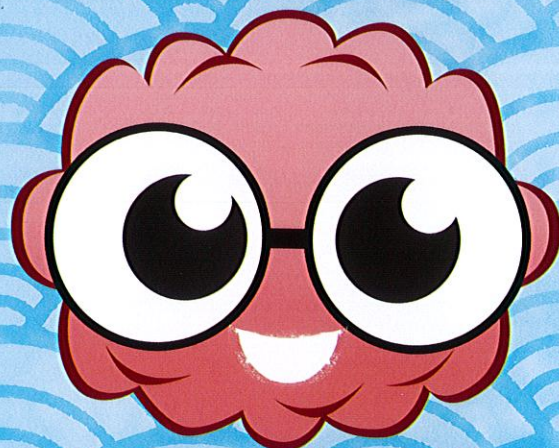


What's something you're learning now?





# The Science





ence

1. What is **GROWTH MINDSET**?
2. A word about **praise**
3. The **neuroscience** of how you learn
4. Use the **language** of growth
5. Getting **UNSTUCK!**



# Hi Everyone!

Nobody is smart at anything at first. If you find something that's hard for you, whether it's math or swimming or dancing, don't be afraid to do it. Every time you struggle, your brain gets s-t-r-o-n-g-e-r.



## 1. What is growth mindset?



*"You can change your basic intelligence."*

Disagree ← ————— → Agree  
Where are you on this scale?



Fixed

Believe that people are born with a certain amount of intelligence, and that no one can do much to change it. These students focus on **looking smart**.

- Afraid to ask questions in class when they don't understand
- Hide, lie, or cheat when they've made a mistake.
- Need constant validation or awards

Run from difficulties.



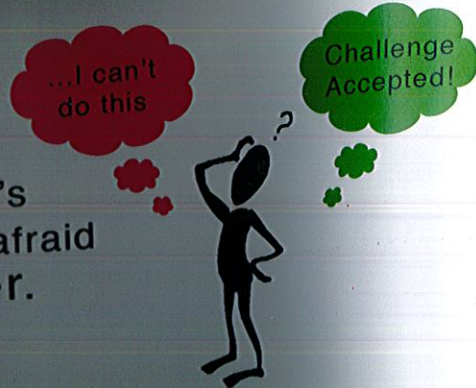
Growth

Believe that intelligence can be developed. They believe their brain is like a muscle. Students with a growth mindset focus on **learning** over looking smart.

Thrive on challenges.

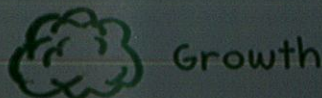


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intelligence."

Agree  
s scale?



Believe that intelligence can be developed.  
They believe their brain is like a muscle.  
Students with a growth mindset focus on  
learning over looking smart.

Thrive on challenges.

The biggest difference in mindset is seen when people encounter a setback. For a **fixed mindset** person, a setback means that s/he is no longer smart. A growth mindset person views setbacks as only temporary. S/he might need help, might need practice, might even need to come back to it later when better prepared to tackle the challenge.

But s/he knows that **EFFORT** is required to get past the difficulty.



The good news is mindsets can change!

Know that your brain is malleable. You can become smarter.

**You** are your biggest hurdle to success

**You** CAN change.

**You** WILL change.

You just need to work on changing on a daily basis.



Having a Growth Mindset is a way of life!



## 2. A word about praise

"Good job, my little smartie pants", "You're so talented" "You're so ..."



This can actually cause a child to have a **fixed mindset**.

Praise them for their **effort**, not their **achievement**. Studies have shown when people praise talent and intelligence, it causes a child to have a fixed mindset. The child becomes afraid that making a mistake will mean they are no longer smart. Instead, praise their effort and their progress.

### Activity 1.

Use **effort praise** instead of **achievement praise**:

1. Praise the strategy "You found a really interesting new way to do that."
2. Praise with specificity "You seem to really understand fractions."
3. Praise effort "I can tell you've been practicing."
4. Observe and comment "You finished the painting. I noticed you used a lot of blue today. Why is that?"

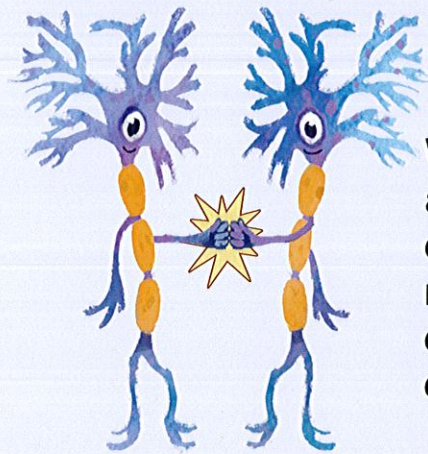
Be Honest. Don't say, "Good job!" especially when it's not. Children over the age of 7 begin becoming skeptical of praise. Instead state what was good about it.





### 3. The neuroscience of how you learn

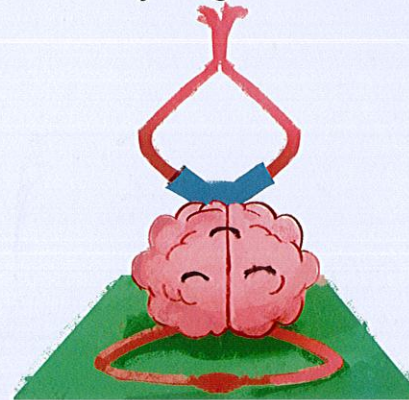
Your brain makes you unique. It's how you **think**, **remember**, **hear**, **see** and **feel**!  
Your brain has all kinds of jobs that do wonderful things for your body.



Neuron Electric Shock. ZAP!

When you try something new or hard,  
a neural pathway is  
created between two or more  
neurons. Our brain is  
constantly changing and  
creating new neural pathways.

Every time you stretch out of your comfort zone or stick  
with hard things, your brain forms stronger connections.  
Over time you get SMARTER and you think FASTER.



Brain stretching



I weigh 3 lbs on average



## 4 Use the language of growth

A mindset change begins with your words. The words "I can't" comes in a lot of different forms. It can look like:

"I'm too old to learn a foreign language."

"I'm just not good with computers."

"I'm not smart enough to run my own business."



**Activity 2.** Change these words in your vocabulary. The next time you hear these words either in your head or out loud, change them to a growth mindset.

Instead of thinking...

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do math/history/science/reading.

I made a terrible mistake.

She's so smart. I'll never be that smart.

Plan A didn't work.

It's good enough.

Try thinking...

What am I missing?

I'm on the right track.

I'll use some of the strategies we've learned.

This may take some time and effort.

I can always improve, so I'll keep trying.

I'm going to train my brain in math/history/science/reading.

Mistakes help me learn better.

I'm going to figure out how s/he does it so I can try it.

Good thing the alphabet has 25 more letters!

Is it really my best work? Did I put in all the effort I could?



## The power of YET!!!!



### Activity 3

Like in the book, the characters use **the power of YET!** Be sure to add the word yet to the end of any I negative thought. If your child says, I can't do this. Add the word yet.

Practice this habit every day for a week. Then a month. You'll notice how positive you'll get.



## Reflecting on mistakes



Mistakes are a good thing when you're learning something new. As long as you **remember** the mistake and try something different next time, you are training your brain. It's the best way for your brain to learn.

Give your brain a workout by trying to learn many different things. Even things that are hard get easier once a stronger neural pathway is there. That's why people learn the most from struggling with complex tasks and making mistakes, not from mastering easy tasks.

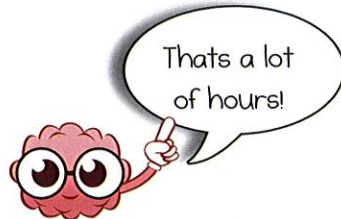
GO BRAIN GO!



## 5. Getting UNSTUCK!

How do you **react** when you hit a roadblock. Do you get up or give up?

You're not alone, everyone gets stuck. Failure is almost essential for success.



That's a lot  
of hours!

Experts average more than 10,000 hours of deliberate practice.

Deliberate practice is defined as "Working on technique, seeking critical feedback, and focusing on weaknesses."

These activities are to help you figure out how to get unstuck!

### Activity 4.

How do you look when you say "I can't do this"? Make a poster of your facial expressions that displays how you feel when you are stuck on something. Now take a picture when you're not stuck. Explore these feelings and discuss what you feel. Next time you are stuck, take a picture, video, or hold a mirror to your "stuck face" so you can laugh at yourself. See if it becomes more positive looking over time.