

Jonah, who is now 14 months old. Deeply impacts my own son has mine. I hope this book inspires kids and teaches parents and teachers to always reading books to Jonah or a better mother. Thank you for (and also a sounding board to book).

set

Making a Splash

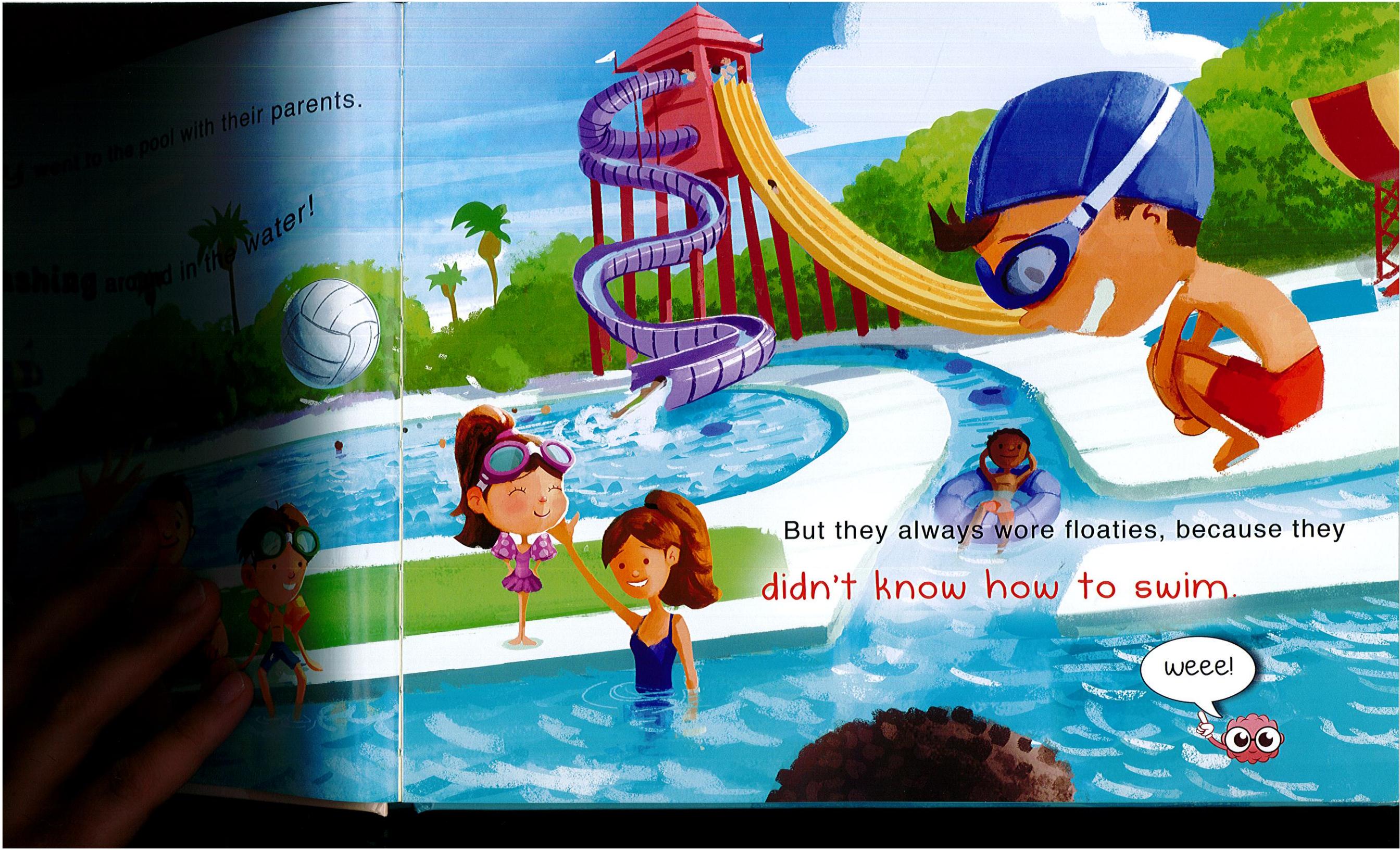
Carol E. Reiley
illustrated by Jason Pastrana

name.

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

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





...and for the pool with their parents.
Swimming 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.



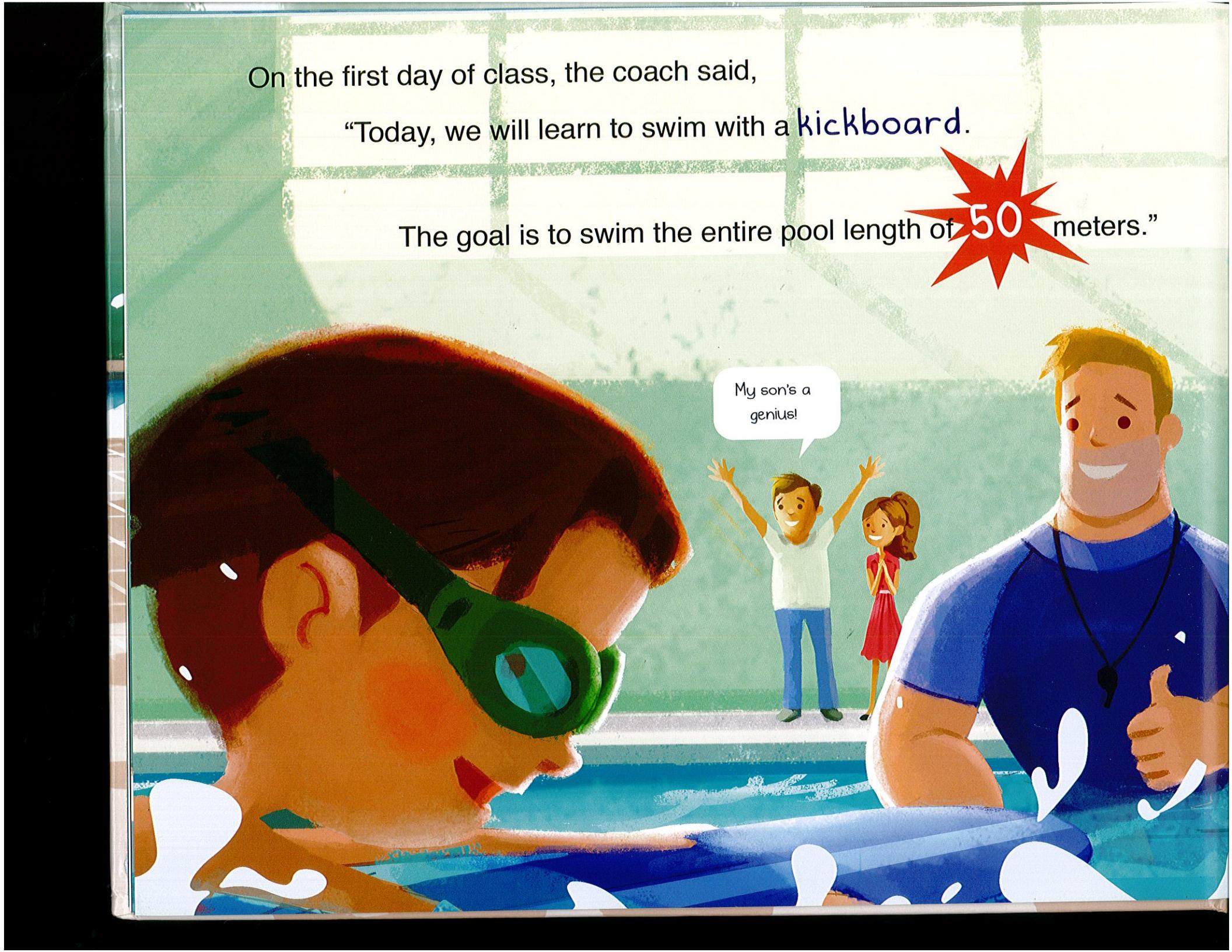


3 ft

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.”



A close-up illustration of a swimmer's head and shoulders, wearing green goggles and a red swim cap. The swimmer is in a pool, with blue and white lane lines visible. In the background, a coach in a blue shirt and a woman in a red dress are cheering. A speech bubble from the woman says, "My son's a genius!" A large red starburst surrounds the number "50".

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!

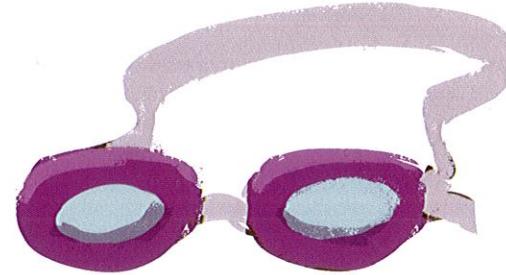


But **Lisa** had a more difficult time than **Johnny**.

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.



The coach replied

You can't do this **YET**,
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.

!

u don't."

ve got it

h Johnny and Lisa
sing the kickbo

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**

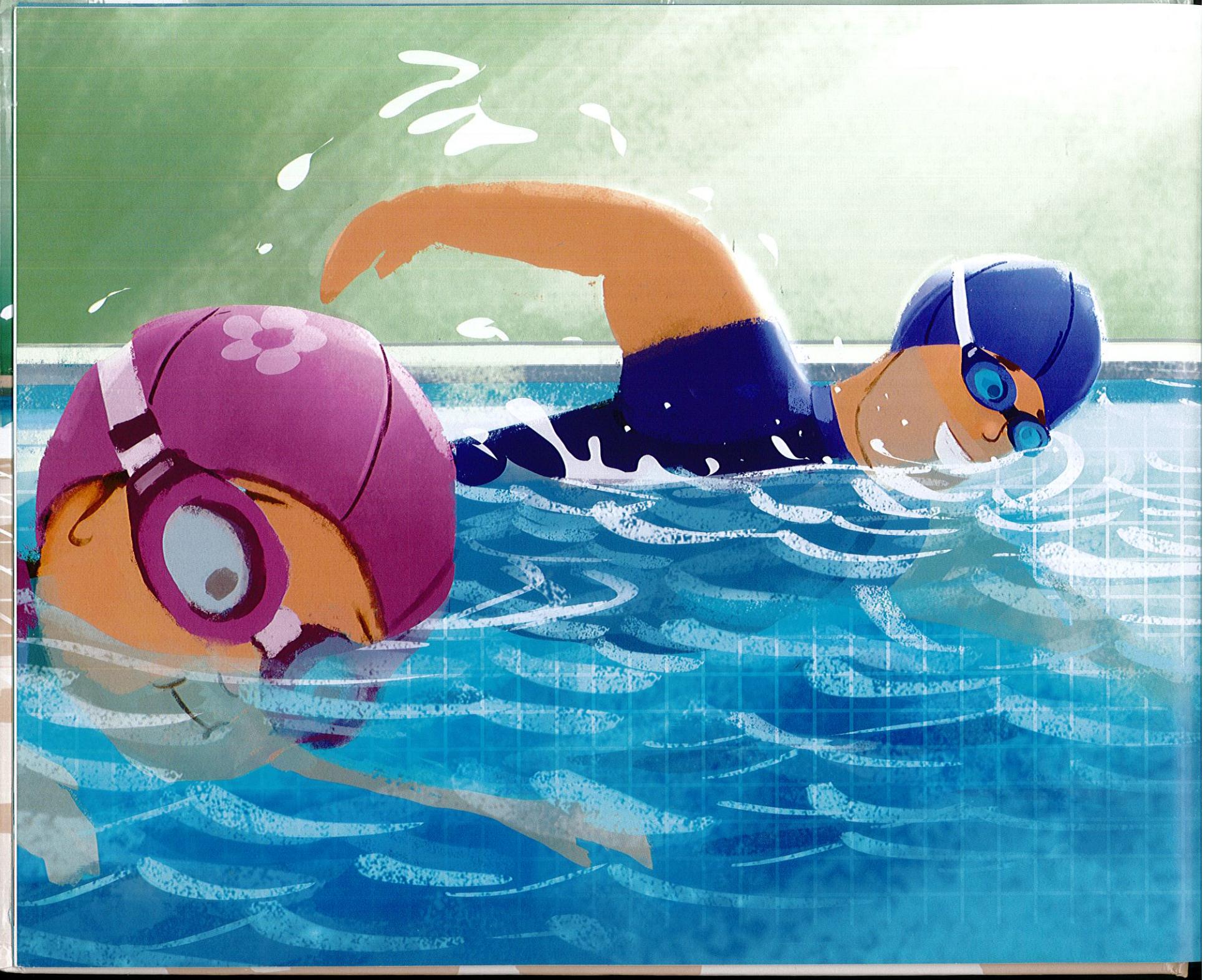
Johnny strutted into the water. "Definitely with the kickboard!"

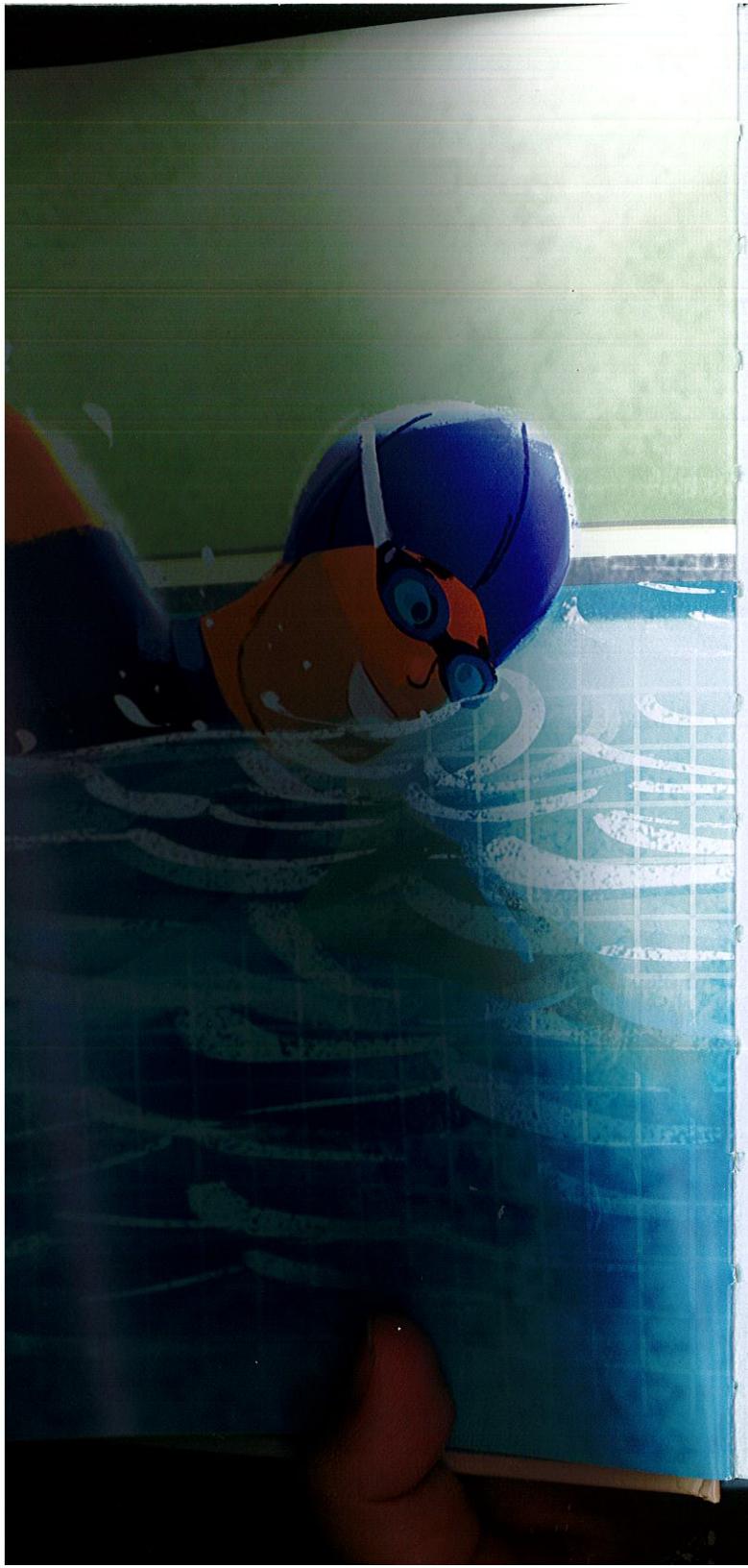
"You won't get any better without challenging
yourself," said the coach.

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



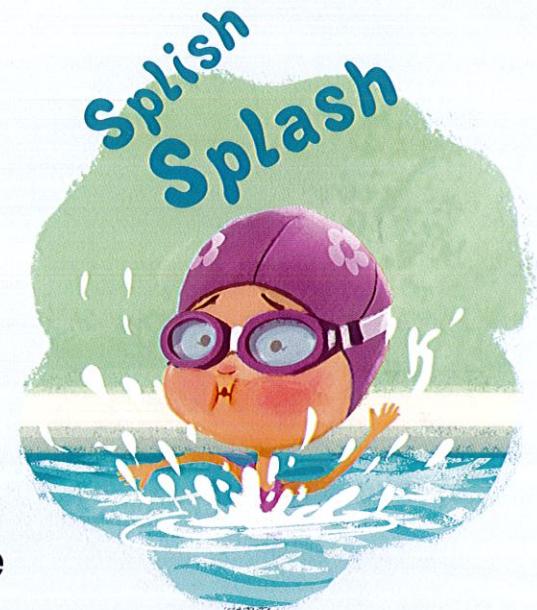




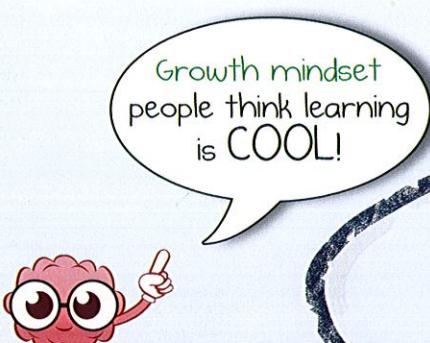
Lisa wanted to get better,
so she chose to swim without the kickboard.

Yup, it was MUCH harder!

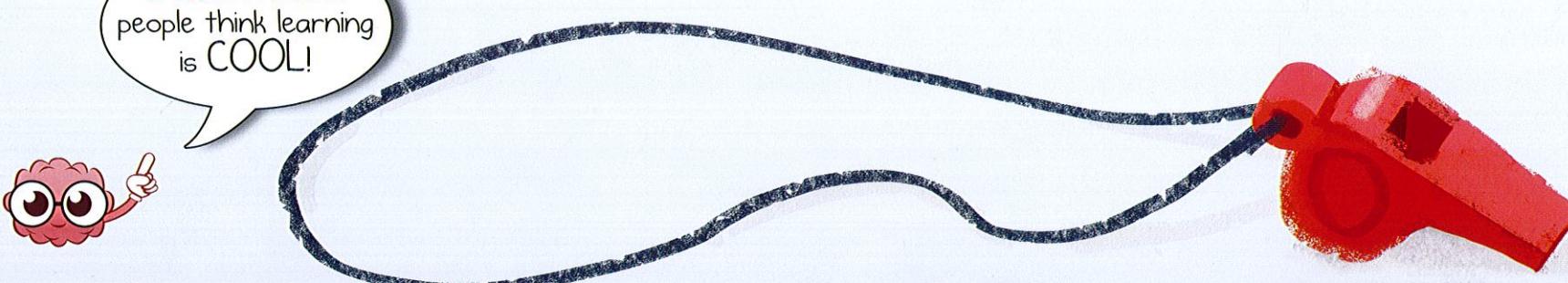
Instead of getting frustrated or upset,
Lisa decided to stay calm and focus on all the
cool things she was learning.



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



Growth mindset
people think learning
is COOL!



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★



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30

30

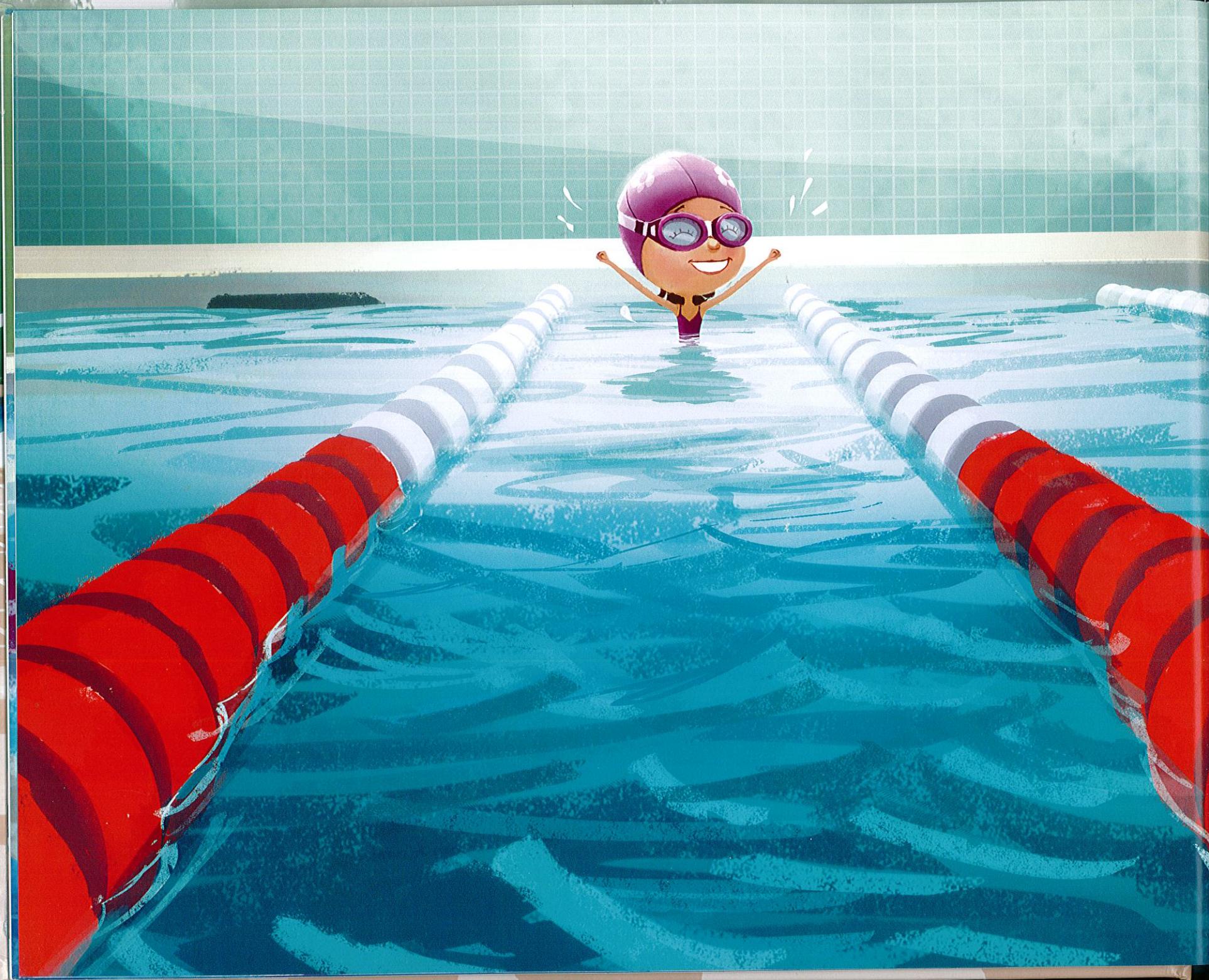
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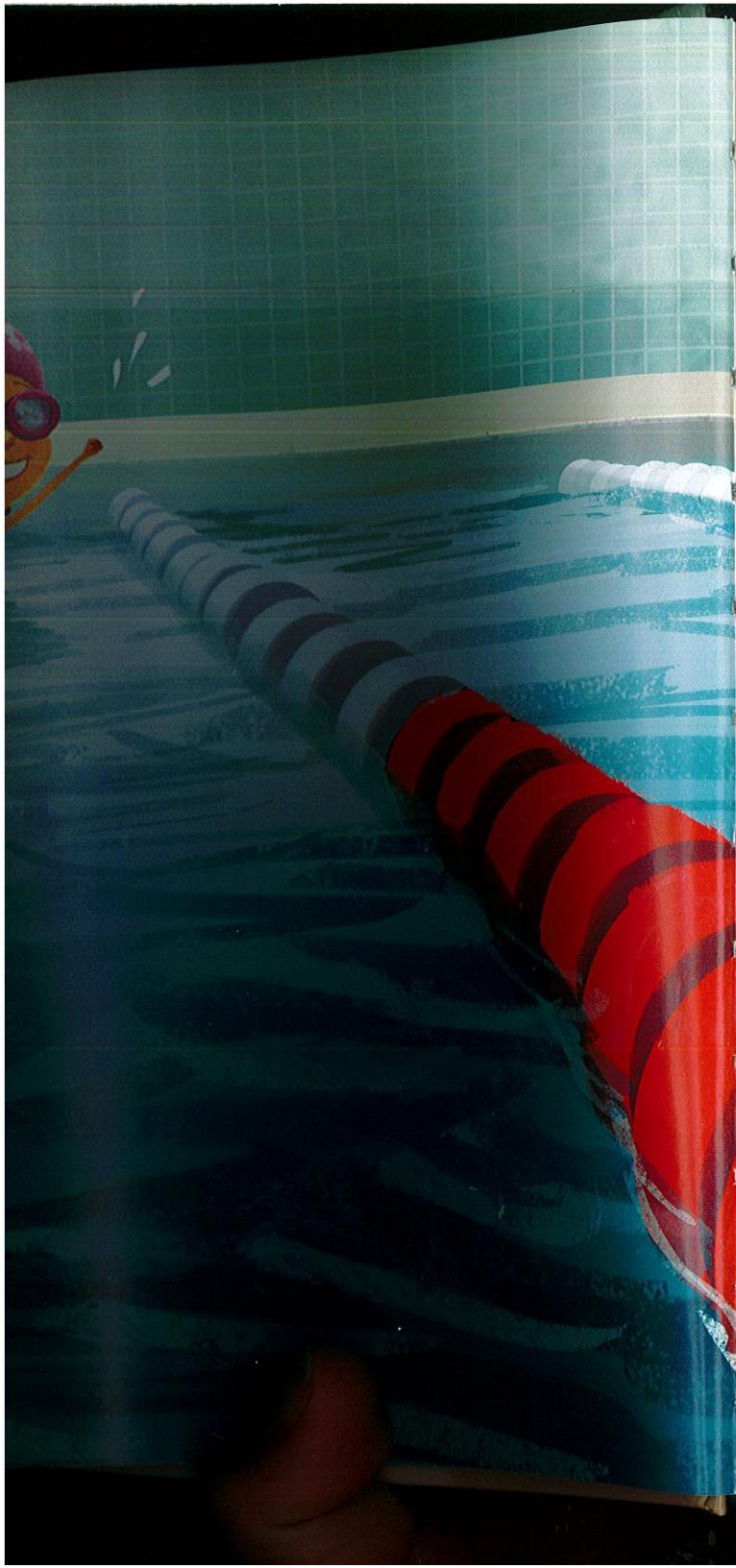
ught, "Hmm...that didn't work.
e she tried, she figured out
did not.

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  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.

Johnny and Lisa
decided to race in the pool.
Johnny was sure he would win.

Get set
GO!

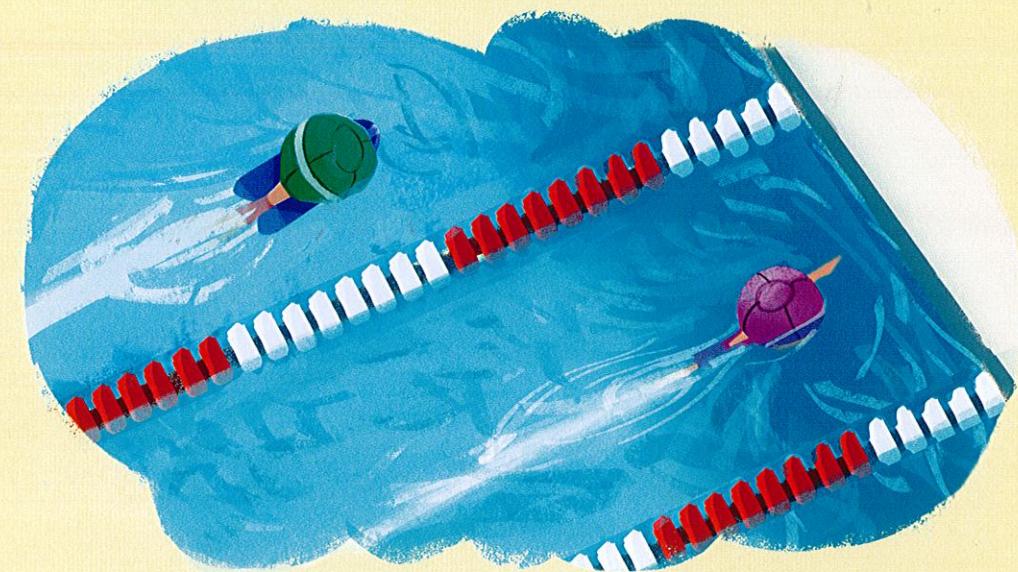
They both flew!
They were head to head.

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.

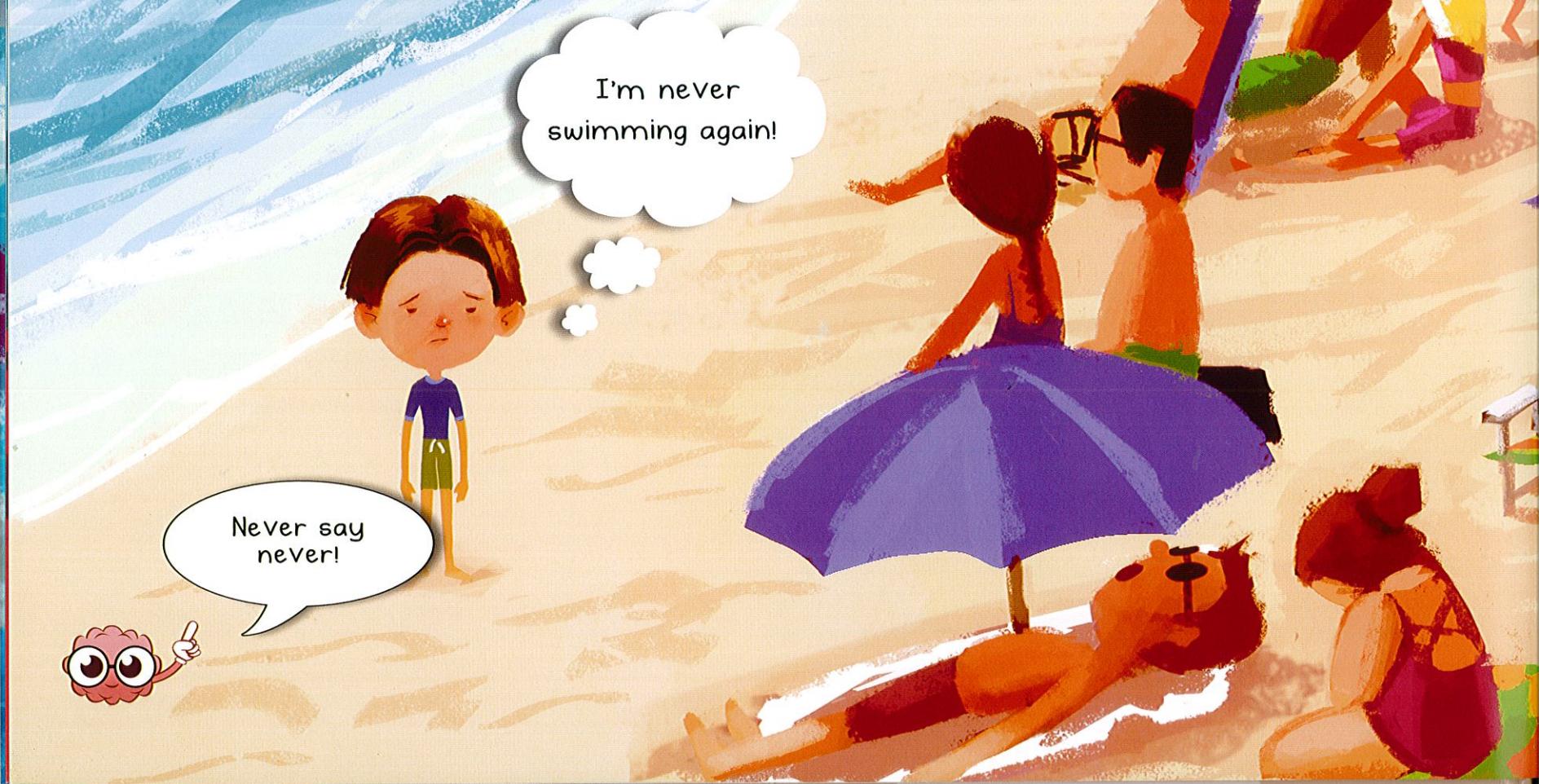
A Fixed mindset
gives up during
setbacks.



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!"

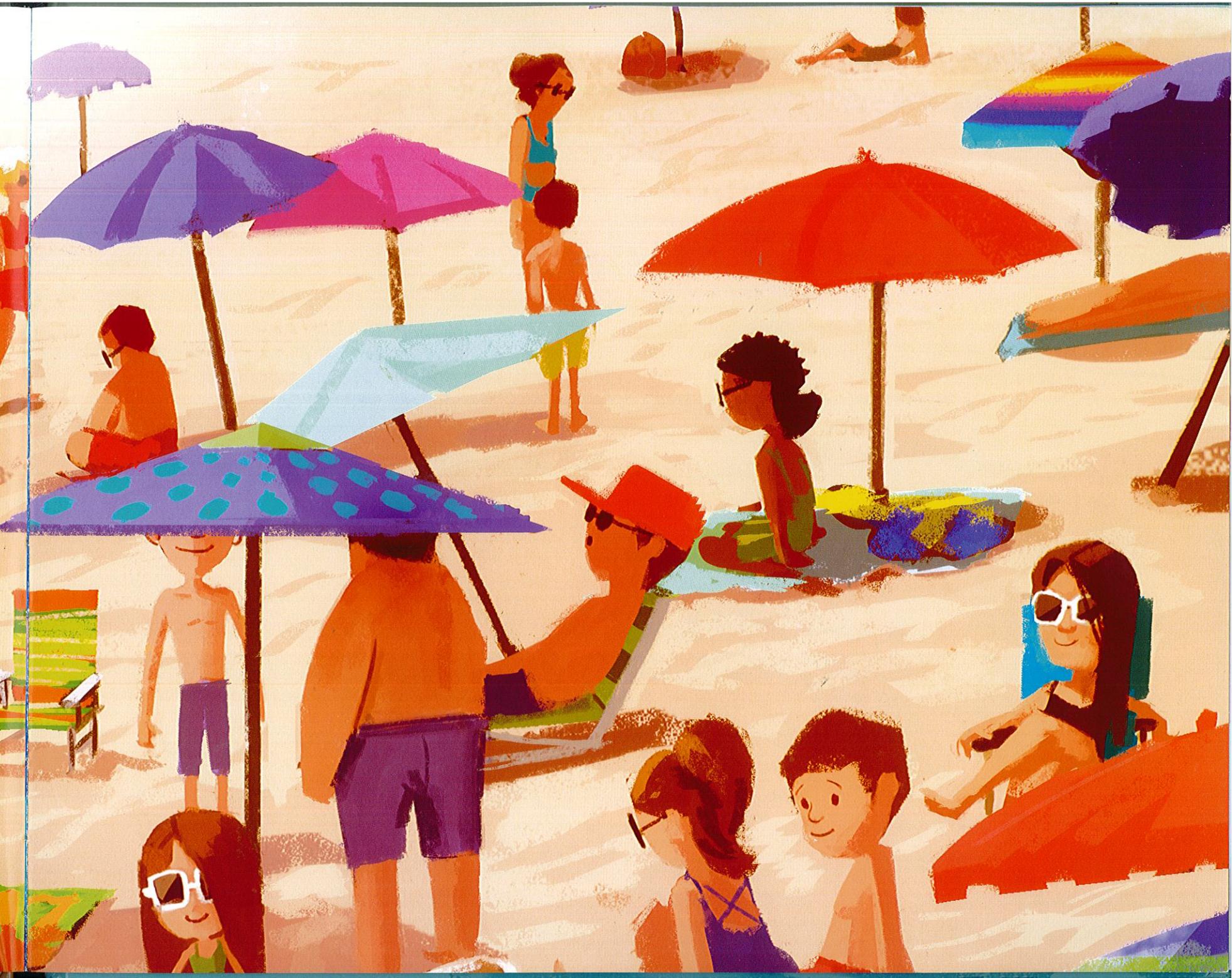
Johnny's parents asked "Do you want to go swimming with us?" "Nope." he replied.



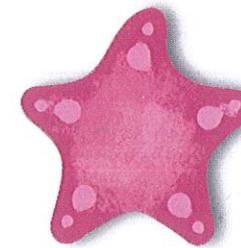
It took them to the beach.
Relax in the ocean together.

“It’s cooler than in the pool! There
I can’t even see my feet!”

“Would you like to go swimming with us?”



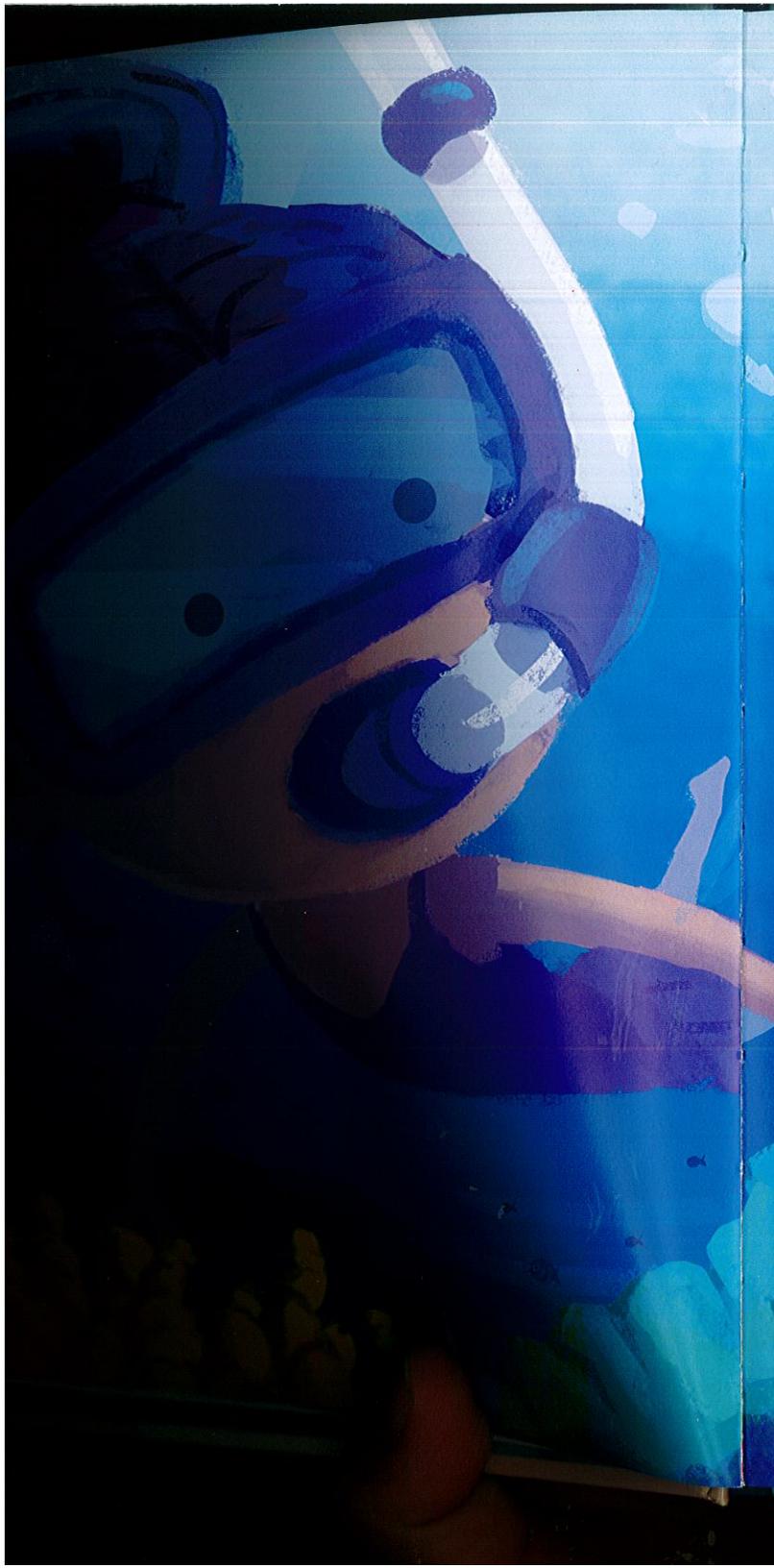




Because she worked so hard learning to swim,
Lisa got to go into the ocean with her parents and see the wildlife.
She went into the water like she did at the pool.

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!

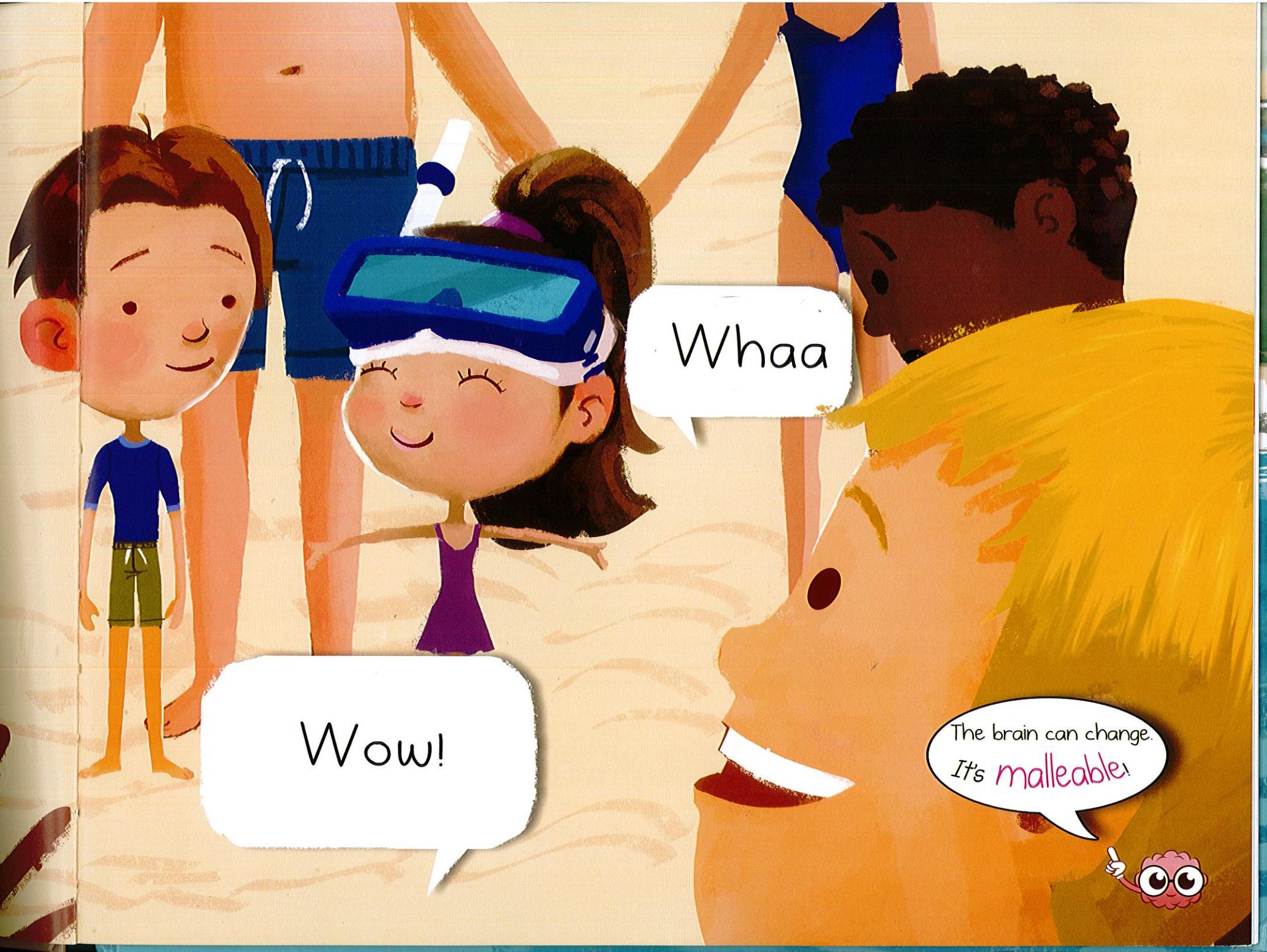
out of the water.
described what she saw.
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Johnny.

“Go train your brain!”

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



and playing **basketball**...



and **MATH**

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



What's something you're learning now?

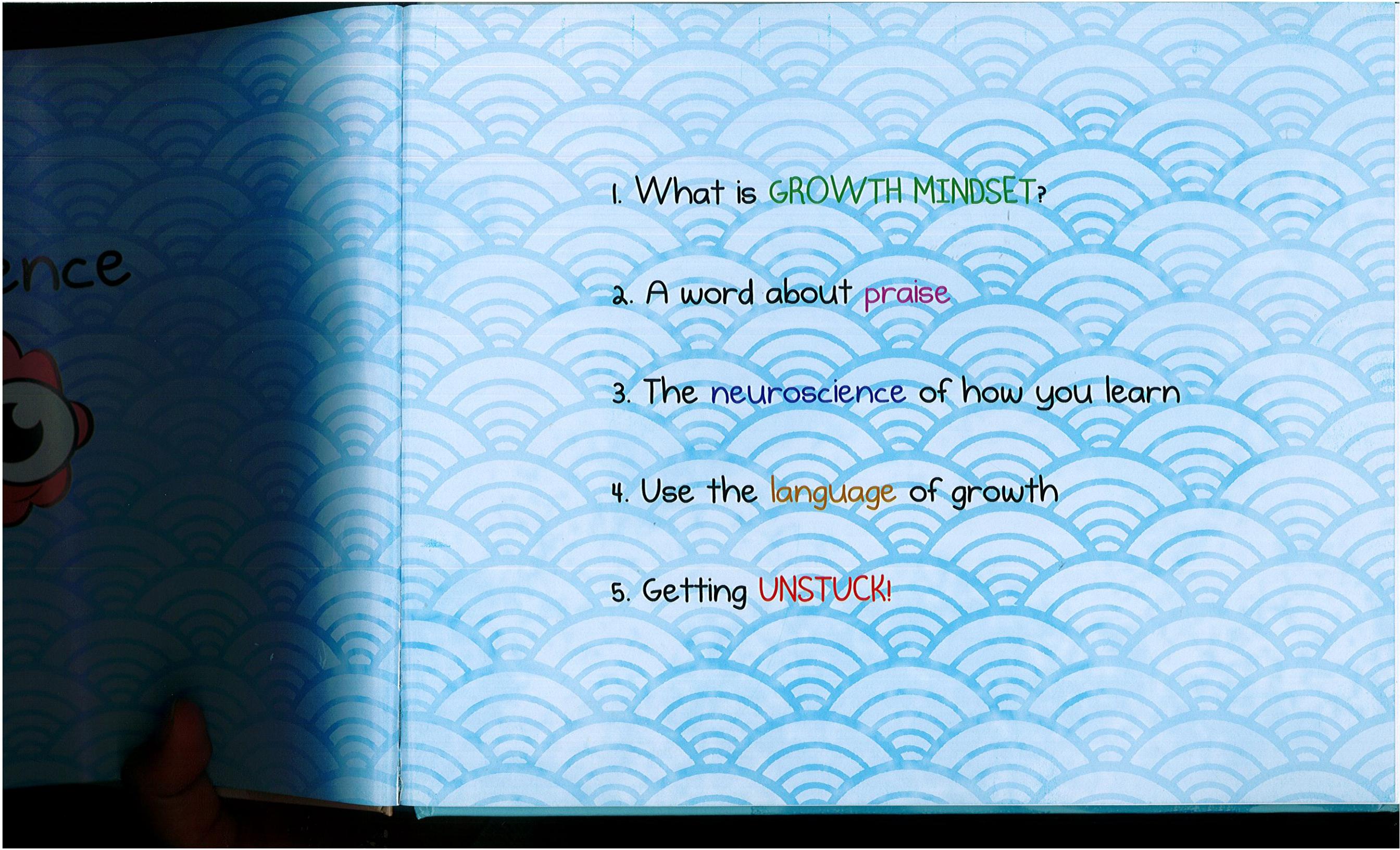


whew, what a workout!
I'm pooped!



The Science

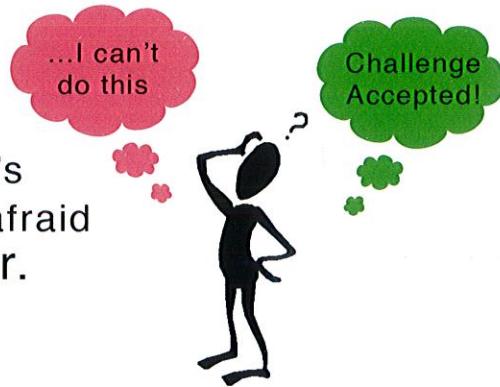




1. What is GROWTH MINDSET?
2. A word about **praise**
3. The neuroscience of how you learn
4. Use the **language** of growth
5. Getting **UNSTUCK!**

Hi Everyone!

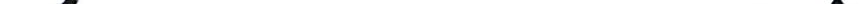
Nobody is smart at anything at first. If you find something that's hard for you, whether it's math or swimming or dancing, don't be afraid to do it. Every time you struggle, your brain gets **s-t-r-o-n-g-e-r**.



I. 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

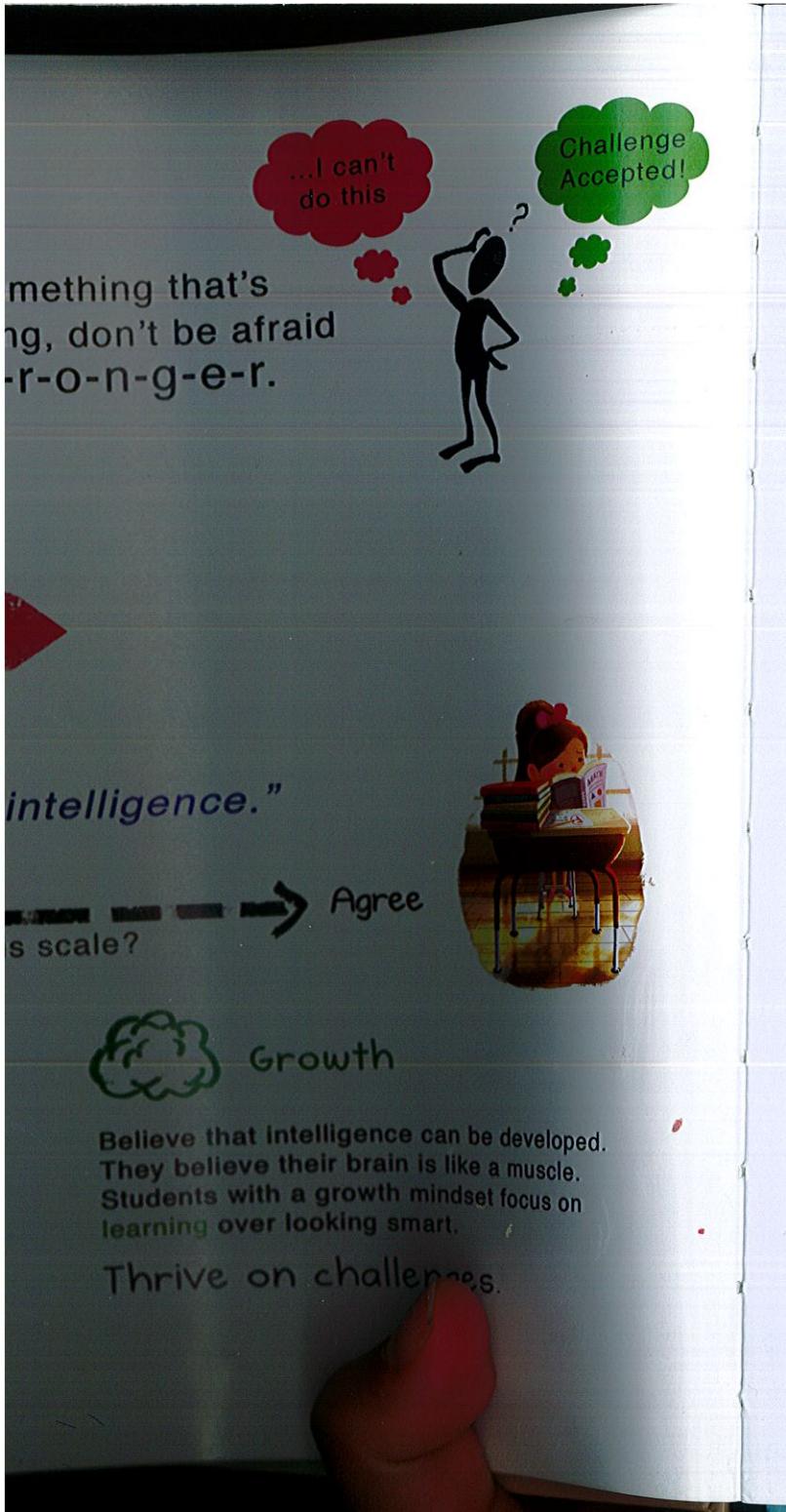
Run from difficulties.



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.



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

"You're so ..."



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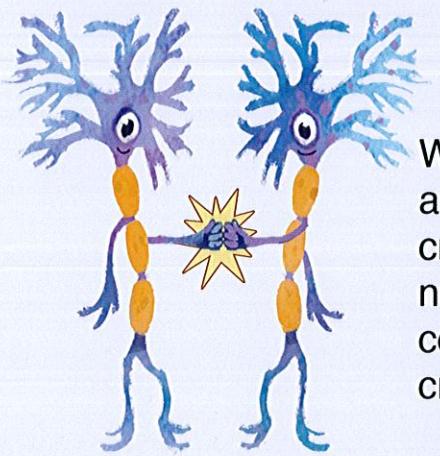
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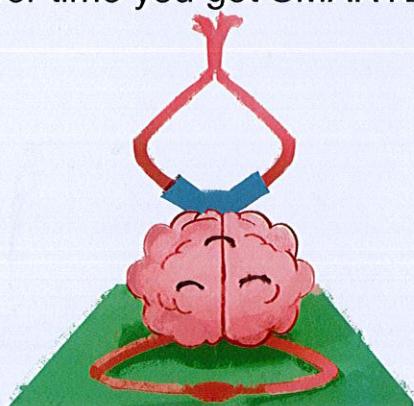
Children over the age of 7
is good about it.

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.



Brain stretching

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.



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.

CAN
T



you hear these words either in your head or out

sing?
track.
the strategies we've learned.
some time and effort.

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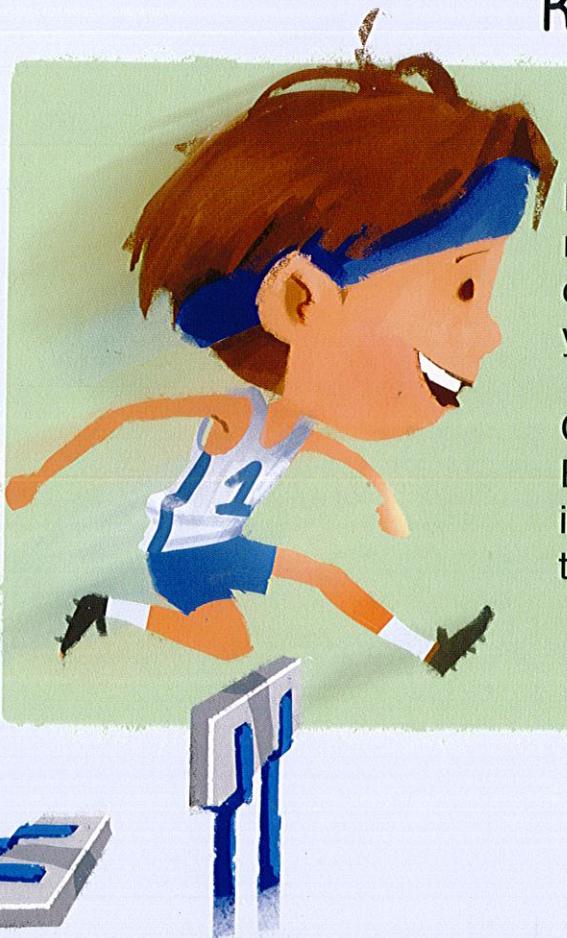
me learn better.

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the alphabet has 25 more letters!

best work? Did I put in all the effort I could?

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.

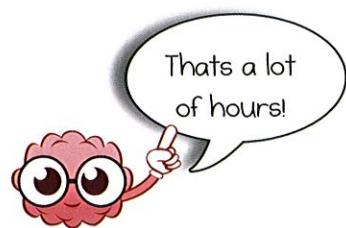
Give your brain a workout by trying to learn many different things. Even things that are hard get easier once a stronger neural pathway is there. That's why people learn the most from struggling with complex tasks and making mistakes, not from mastering easy tasks.

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.



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.