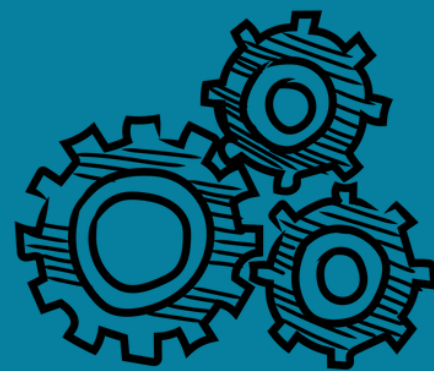




GOT SKILLS?

THE POWER OF GETTING IT WRONG



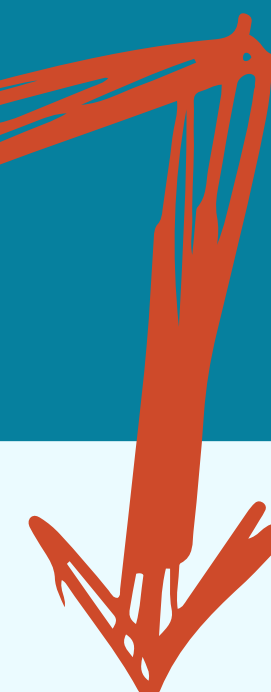
INTRODUCTION

Today, we will:

- * Identify emotions connected to failure and perseverance.
- * Reframe a perceived failure into a success story.
- * Recognize how affirming relationships build resilience.

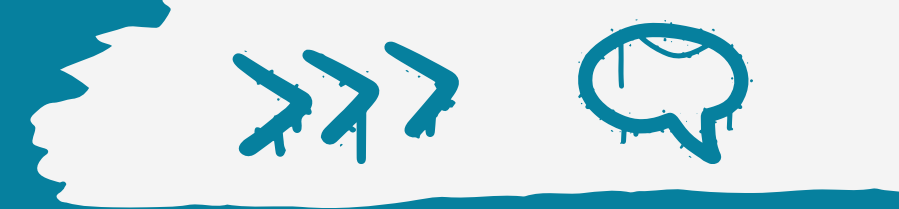


SEL CONNECTION



Today, we will practice **self-management** by learning how to recognize and regulate our emotions during moments of failure and use reflection to stay motivated and focused on growth.





ICEBREAKER

FAIL OR FLOURISH?



FAIL OR FLOURISH?

Is failure part of the growth process? Let's find out.

Today we'll explore how different people view failure — and what it might teach us about growth.



ICEBREAKER

>>> GET MOVING!

FAIL OR FLOURISH?

Move to the side of the room that matches your opinion:

- ✗ **FAIL** – Failure holds you back
- ♥ **FLOURISH** – Failure helps you grow
- ? **UNSURE** – Still thinking about it

After everyone in the class moves, turn to someone near you and share your thoughts:

- “Why did you choose this side?”
- “What makes you think that?”



FAIL OR FLOURISH?

STATEMENT 1

When you fail, it means you weren't good enough.



FAIL OR FLOURISH?

STATEMENT 2

You can learn more from mistakes than from success.



FAIL OR FLOURISH?

STATEMENT 3

The people who succeed most have failed the most.



FAIL OR FLOURISH?

STATEMENT 4

Failure only hurts if you care about what you're doing.





FAIL OR FLOURISH?

As a class, discuss:

- What did this show us about how we view failure?
- Can failure actually help us flourish?





LESSON PART ONE

IDENTIFY YOUR EMOTIONS



LESSON: PART ONE



WATCH A VIDEO

IDENTIFY YOUR EMOTIONS

Watch the video from Good Compenny,
LaRussell's independent label





IDENTIFY YOUR EMOTIONS



In life sometimes you get things wrong over and over...and the only way to get it right is to do it and get it wrong until you get it right."

— LaRussell

Think about times you didn't get it right the first time.

- What emotions come up when you hear this quote?
- What do you usually feel when you fail?



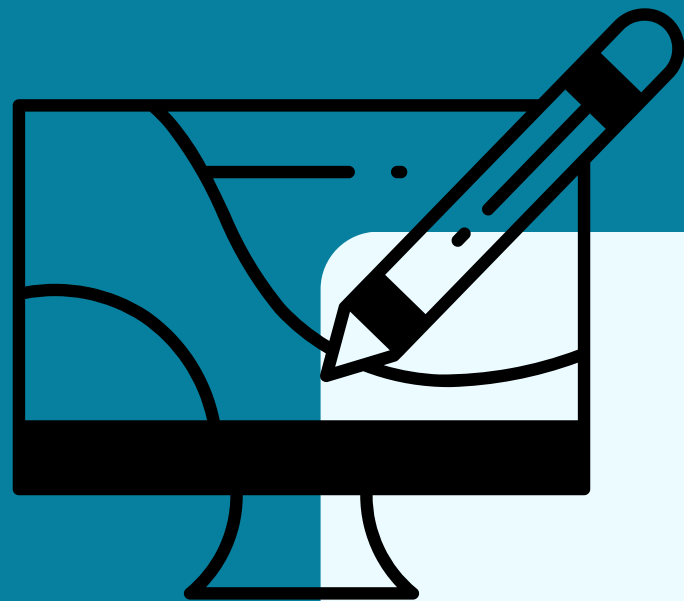


IDENTIFY YOUR EMOTIONS

STORY 1: THE MISSED SHOT

Jordan tried out for the basketball team three years in a row. Each year, they made it a little farther—but still got cut before the final roster. The night after the last tryout, Jordan wanted to quit for good. But their best friend reminded them, “Every year, you’ve gotten better. Keep shooting.” That summer, Jordan practiced daily, joined a local rec league, and finally made the team senior year.

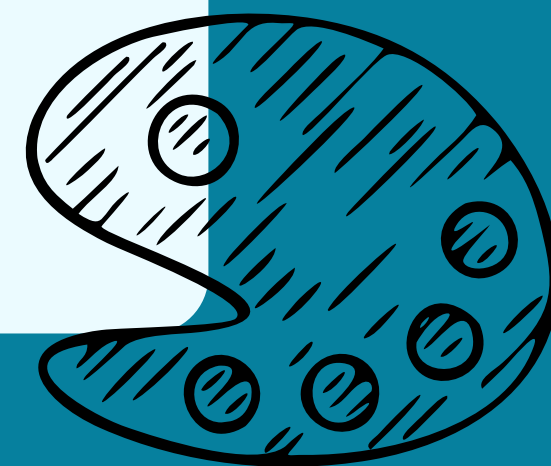




IDENTIFY YOUR EMOTIONS

STORY 2: THE POST NO ONE LIKED

Amaya spent weeks designing her first digital art post, hoping it would blow up on social media. But when she posted it, only three people liked it—one was her cousin. She felt embarrassed and almost deleted her account. Her art teacher encouraged her to post again and create for herself, not the algorithm. Months later, one of her drawings was featured on the school's website.





IDENTIFY YOUR EMOTIONS

STORY 3: THE CODING CRASH

Malik was excited to enter a gaming challenge at school. But the day before the showcase, his game glitched and wouldn't load. He panicked, thinking everyone would laugh. His tech teacher helped him step back, debug calmly, and keep trying. He didn't win the contest—but he learned how to fix the game himself, and now he helps others code after school.



LESSON: PART ONE



ACTIVITY

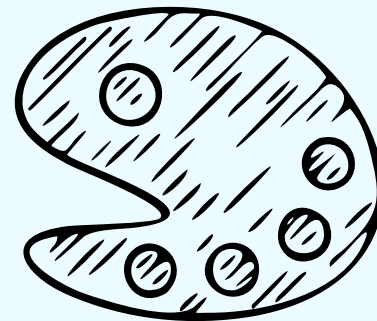
IDENTIFY YOUR EMOTIONS

Move to the story that speaks to you most.



THE MISSED SHOT

Jordan's basketball tryouts



THE POST NO ONE LIKED

Amaya's digital art



THE CODING CRASH

Malik's game



LESSON: PART ONE



TALK ABOUT IT

IDENTIFY YOUR EMOTIONS

- What emotions might they have felt?
- How did self-management of their emotions support them?
- Who supported or affirmed them?



LESSON: PART ONE



IDENTIFY YOUR EMOTIONS

At your seat, choose a prompt and respond on your graphic organizer:

- A time I got something wrong again and again...
- A time I was scared to fail but tried anyway...
- A time someone's belief in me helped me keep going.

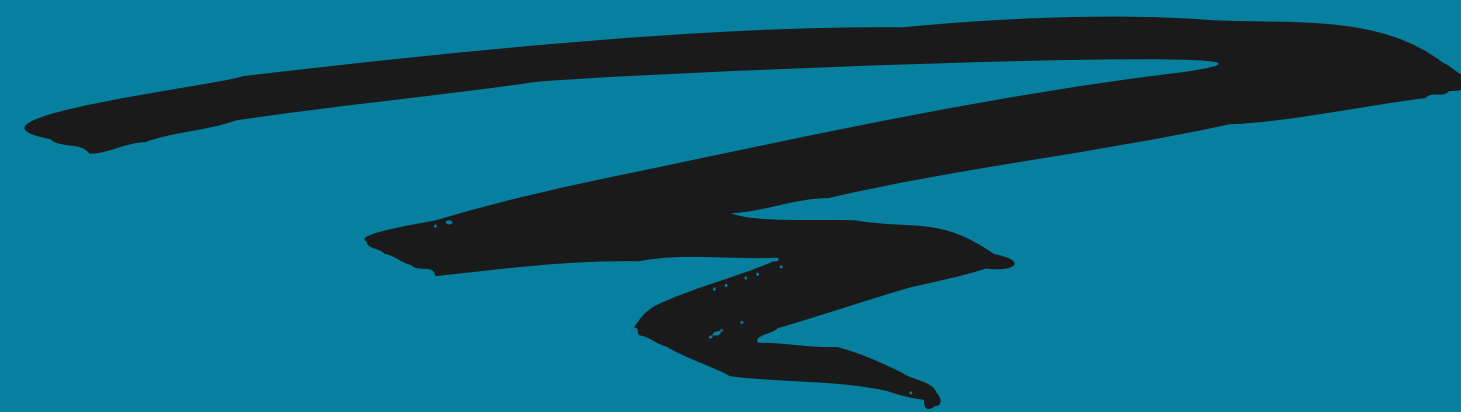
How did you feel at the start, middle, and end?





LESSON PART TWO

REWRITE YOUR STORY



LESSON: PART TWO



WATCH A VIDEO

REWRITE YOUR STORY

Watch the video from Good Compenny, LaRussell's independent label.

Focus on this quote:

“Just keep working, your day gon' come... it might take ten, it might take a hundred.”

— LaRussell



LESSON: PART TWO

>>> GET MOVING!



REWRITE YOUR STORY

Stand up and listen for each statement.

Take one step forward if it's true for you.



LESSON: PART TWO

>>> GET MOVING!



REWRITE YOUR STORY

I've failed at something that mattered to me.



LESSON: PART TWO

>>> GET MOVING!



REWRITE YOUR STORY

Someone encouraged me to keep trying.



LESSON: PART TWO

>>> GET MOVING!



REWRITE YOUR STORY

I learned something important from a mistake.



LESSON: PART TWO

>>> GET MOVING!



REWRITE YOUR STORY

I'm still working toward a goal I haven't reached yet.



LESSON: PART TWO



TALK ABOUT IT

REWRITE YOUR STORY

What did this show you about failure and support?



LESSON: PART TWO



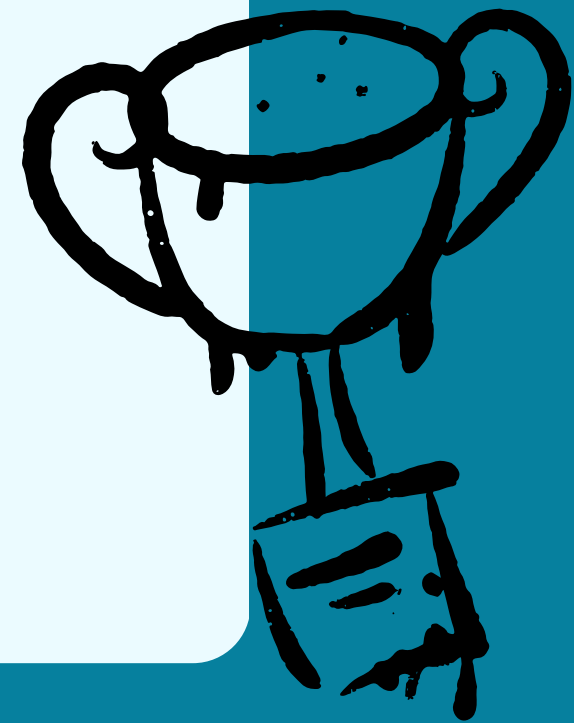
WRITING

REWRITE YOUR STORY

Return to your seat and rewrite your previous story as a success story.

- What did you learn?
- How could the ending change with persistence or support?
- What emotion replaces fear once you push through?

Give your story a title like *From Fear to Focus* or *Missed Shot to MVP*.



LESSON: PART TWO



WRITING

REWRITE YOUR STORY

Write 3–5 **self-management** tips for when life gets tough.

Example: Pause, breathe, and try again.

