

Teach your student to stop & think, “What Went Well”

Always start any questions about your student’s day, their game, their exam with, "What Went Well?" or some version of that.

- When you start with reminding students of all that they have accomplished, you teach them to **see situations as another challenge to master** rather than a problem that could get the best of them.
- It’s a deceptively simple trick, but it **activates our unconscious brain to problem solve from a state of confidence** rather than fear.
- It refocuses teens away from failing to meet their own or your expectations. It **centers their attention on what they know and what they can bring to a better result** next time.
- **It’s about growth. It’s about getting stronger and better. It’s learning.**

See the bookmark reminder below.



WHAT WENT WELL

To each new challenge, you bring past experiences and skills.
Take credit and pride in those.

1

Focus on What Went Well.

What competency did you bring and what success did you have?

Name a few strengths until a sense of confidence and calm grows.

Look for them throughout your whole day or focus on one situation.

Acknowledge and celebrate those.

2

Identify one aspect that you want to tackle first

as you work toward success.

3

Set out a plan to accomplish that new mini-goal.

Who or what can help?

When and how will I practice?

When will I face this again?



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Thriving Teens