



The School of Failure

A Story About Success

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Concepts

This book provides an excellent opportunity to initiate productive discussions about:

- Failure
- Persistence
- Perseverance
- Motivation
- Disappointment
- Determination
- Self-confidence
- Creativity
- Following your passion
- Believing in yourself
- Flexibility
- Adaptability

Takeaway

Resilient people find strength in their failures.

This book introduces three characters, the Non-Evil Queen, Wolfred, and Zinderella, all of whom “fail” their auditions to play fairytale characters. Their fairy godmother sends them to the School of Failure, where they learn to keep trying after they fail. The story continues to follow them as they fail at writing poetry, baking, and dancing. All three characters learn to build resilience through persistence and determination. Each character keeps failing and keeps pushing through because of their resilience. Through failing over and over again, the Non-Evil Queen, Wolfred, and Zinderella are able to find their true passions at the end of the book.

“Non-Evil Queen, remember – you don’t have to be perfect to be your best! Wolfred, you now know that doing what you like is more important than being liked! And Zinderella, you kept exploring possibilities even when it got hard – you must keep trying!”

This book can help in building resilience and teaching young children that it’s okay, and it’s encouraged, to make mistakes and to fail. For children with perfectionist tendencies or self-doubt, this book is great for reminding them that failure is a normal part of life.



Activities to try at home:

Use one or more of the attached activities to strengthen your child’s understanding of this book’s lessons.

1. **Try Everything Bingo**
2. **Firsts**

Flip for [Conversations to Have at Home](#)



**RESILIENCE
GROWS HERE**

Conversations to Have at Home:

Failure is a natural part of life. However, for young children, failures can seem like they end of the world. It's important to remind our children that's okay to make mistakes. It can be great to make mistakes. Taking the time to learn from our mistakes and to try again is a vital lesson that will be always be relevant.

Consider these ideas when discussing this book with your child:

- Remind your child that's normal to make mistakes and to fail.
 - Allow your child to cope with the disappointment of failure, but don't allow the failure to prevent them from trying again.
- Encourage your child to try something new.
 - We are often scared to do so because we may fail. Tell your child (and yourself) that we can't let the fear of failure stop us from trying new things.
- Help your child build resilience to disappointment and failure.
 - It's okay to make mistakes and we can't let mistakes prevent us from trying again.
- Tell your child about a time when you failed at something.
 - How did you recover?
 - What did you learn from that failure?
 - Did you try again?
- Expose your child to new hobbies or opportunities.
- Remind your child that things do not always go according to plan.
 - Learning to be flexible and adaptable is a necessary skill for all of us to learn.



For additional *Resilience Grows Here: At-Home* book recommendations,
visit fvhd.org/community-health/rgh/books

For additional mental health support, visit fvhd.crediblemind.com

Try Everything Bingo

Everyone fails at something, it's a natural part of growth. Without failure, there wouldn't be success. It's good to try new things that allow us to succeed or fail.

Try to make Bingo by doing the activities below without feeling fearful of failure.

Paint a landscape like Bob Ross	Play a new sport or game	Read a book that's hard for you	Learn words in a new language	Bake something for the first time
Write a short story	Sing a song	Learn a new instrument	Run a mile and record your time	Meditate for 5 minutes
Ride a bike	Go fishing	FREE SPACE	Draw a picture	Dance
Make a new snack	Write a poem	Try a new hairstyle	Go outside and have fun	Make something from scratch
Grow a plant	Try a new food	Make a new friend	Try a new hobby	Go to a new place

Takeaway:

Resilient people find strength in their failures.

Firsts

The first time anyone tries anything, it may not turn out exactly how they expected. When thinking back to your “firsts”, what emotions are attached to it? What do you remember? Did you fail or succeed? Fill in the blanks below.

Ex: The first time I rode my bike, I felt nervous. I ended up falling on the road and hurting my knee. That's okay, I got back up.

1: The first time I _____, I felt _____ . I ended up _____ .

2: The first time I _____, I felt _____ . I ended up _____ .

3: The first time I _____, I felt _____ . I ended up _____ .

Takeaway:

Resilient people find strength in their failures.