

# LEARNING FROM MISTAKES

## MATERIALS |

paper and writing utensils

OPTIONAL: create a  
handout to accompany

**OBJECTIVES |** The objective of this activity is for participants to consider what they can learn from past mistakes and how they can make better decisions in the future.

## FACILITATOR INSTRUCTIONS |

Introduce the concept of mistakes

- Ask participants to brainstorm what it means to make a mistake
- Share that a mistake is an action or decision that we may wish we had not done or made. Sometimes we make mistakes on accident, sometimes we make decisions that don't serve us intentionally, and sometimes they happen for reasons outside of our full control. But mistakes are also a chance to learn and grow. In fact, without mistakes there is often very little learning, growth, or change possible. As long as you are alive you will make mistakes! The hope is that you learn and grow from them.

Ask participants to think of a mistake they have made that was something *within* their control or that was their decision:

- What was the mistake?
- Why did it happen?
- What did you learn from it?
- If you were presented with the same issue now what, if anything, would you do differently?
- What do you want people who know you made this mistake to know about you now?

Divide participants into pairs and invite them to share.

## DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- How can reflecting on our mistakes help us in the future?
- What did we learn about each other that will help us be of support to each other this year?



## SUPPORTING MEDIA |

<https://www.michiganlearning.org/goals-and-aspirations/>

## NOTES |

Consider other "ways to share" from the list in the introduction of this handbook.

WARNING: Be prepared for participants to admit significant mistakes that may be triggering or traumatizing and require additional support or follow up.