

Opportunity Mindset Tips

Transforming Challenges into Possibilities

“My child leaves other kids out from games, and it seems to be on purpose.”



CHALLENGE

What can I do when my child excludes others from games and activities?



CHOICE

You can decide how to think about this moment and how to respond. You can choose to see this challenge as a chance for your child to learn and grow.



OPPORTUNITY

Helping children think about how other people feel and think builds the important life skill of **Perspective Taking**. They can use this skill to help prevent and solve conflicts.

SKILL-BUILDING STRATEGIES

1 TAKE YOUR CHILD'S VIEW

NOTICE what might be causing this behavior. Sometimes children leave others out because they have felt left out themselves. Ask your child. Sometimes they may not see that their actions are hurtful. Understanding why your child is leaving other children out can help you support them and problem-solve.

2 SHARE REASONS

EXPLAIN that our words and actions affect other people, and that leaving people out may hurt their feelings or upset them. Let your child know that treating others with respect builds better relationships.

3 PROVIDE CHOICES

SET LIMITS by letting your child know they need to find a way to include everyone who wants to play. Offer two choices, such as, “Would you like to take turns, or change the game to make room for everyone?”

4 PROBLEM-SOLVE TOGETHER

INVITE your child to think about how to include others during playtime. Make a written list of both of your ideas, like having a buddy system where kids look out for each other, or role-play inviting others to join. Decide together which of their ideas to try first.

5 SCAFFOLD

BUILD ON your child's efforts. Notice a time when they find a way to include a friend. You can say, “Hey! I see you made room for someone to play!” Discuss which games make it easy or hard to include others. Invite them to share their ideas.

An Opportunity Mindset means choosing to see a challenge as a chance to learn and grow.

PERSPECTIVE TAKING

Perspective taking means trying to understand what others think and feel. This requires Self-Control because we have to take a step back and manage our own thoughts and feelings to consider how others think and feel. This skill helps children adjust to school, understand what their teachers and parents expect, make sense of what they read, and build positive relationships. **For more information visit: www.mindinthemaking.org**

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