



CHALLENGE GROWTH

Learning From Failures and Mistakes

Challenge Growth by Overcoming Obstacles

Description

Participants will learn about how both celebrities and an adult in their community experienced failure and learned from it through a video and interview activity.

Objective

- Deepen understanding of the element of Challenge Growth

Planning and Preparation

 **Participants:** Any number. If the group is particularly large, split them into groups of 4-6 for the presentations.

 **Materials:**

- YouTube video: “Famous Failures Before Success” <https://bit.ly/34rmVuR>
- Device(s) and internet access to play video
- Copies of “Interview Planning” form
- Pen or pencil for each participant
- Whiteboard, screen or poster paper
- Blank paper (1-2 sheets per participant)

 **Time:** 10 minutes

 **Set up:**

- To show the video, this activity should be done in a space with a projector or other access to screens.
- Participants will also need a surface to write on.

Facilitator Notes:

- Feel free to substitute the “Famous Failures Before Success” YouTube video with a different example. If you don’t have a way to easily show the YouTube video, you can adapt the activity by sharing the stories in other ways. You can preview the video and print summaries of each story to share with participants, make posters, or tell some of the stories yourself. You could also consider sharing examples of common failures or challenges that may come up for the specific group you are working with. For example, if your participants all play sports, you could focus it on overcoming injuries, losing a game, or dealing with an unfair call.
- If you prefer to share examples in writing instead of watching a video, a quick Google search will provide many articles about famous failures followed by success.
- The second part of this activity involves participants conducting an interview with an adult outside of the program. If that is not realistic within your program, you can adapt the activity by having participants interview each other or other adults in your program.

Facilitator Instructions

1. If participants have been introduced to the Developmental Relationships Framework, let them know that through this activity we will be practicing the element of Challenge Growth. Remind them that challenging growth is about pushing ourselves to go farther than we thought we could while learning from mistakes and failures.
2. Let participants know they will be learning about how some very famous and accomplished people experienced failure or major obstacles but kept trying and still became successful. Before showing the video, tell participants that they should be thinking about which famous person’s obstacle would be hardest to overcome from their point of view.
3. Write the following question on the board or poster paper so they can see it as they watch the video: “In your opinion, which person in the video had to work through the biggest challenge?”
4. Show the “Famous Failures Before Success” video (<https://bit.ly/>) or share information about famous failures in another way. See Facilitator Notes.



5. As a group, reflect on the video using the questions listed below.
 - a. In your opinion, which person in the video had to work through the biggest challenge? Why?
 - b. Why do you think so many successful people have had big failures and obstacles in their lives? Is that a coincidence or could there be another reason for it?

If participants don't come up with ideas easily on their own, help them think about how the people in the video succeeded because they challenged themselves, took risks, and learned from their failures.

6. Explain to participants that experiencing and learning from failure is not just for famous people. Tell participants that they will have the opportunity to interview an adult they know who has learned from failures or mistakes they made in their life. Let them know they can choose to interview an adult in their family, at school, at a youth program they attend, a neighbor, or any other adult in their community. This will give participants an opportunity to learn about another person's experience with a setback and share what they learned with the rest of the group.
7. Let participants know that they will have some time to plan their interview now, but will conduct the interview on their own time. Give them a realistic window of time outside of the program to complete the interview, depending on the circumstances of your group. Let them know that once they complete the interview, they will all share what they learned with the group.
8. Hand out the "Learning From Mistakes and Failures: Interview Planning" worksheet. Ask participants to think of a person they want to interview. This person should be someone they feel comfortable talking to and who they can easily contact during the time allotted for interviewing.
9. Give participants about 10 minutes to prepare their questions. Let them know they can use the worksheet to come up with questions or create their own.
10. In the large group, ask for a few volunteers to share some of the questions they plan to ask in their interviews.

11. As a group, discuss and decide together on a specific way for everyone to share what they learned, or each person can choose the way that works best for them. Options could include giving a short presentation, writing a summary and reading it aloud, or making a poster. Let participants know how much time they have to complete and summarize their interviews, and when they should be ready to share.

-Break to complete interviews-

12. Once all participants have completed their interviews, each participant will share their findings with the group. If you have many participants, split them into small groups.

Reflect

Discuss these questions as a large group:

- What was it like for you to ask an adult about failures or mistakes?
- What seemed to make it easier or harder for them to share?
- What are some of the things that most helped people learn from their mistakes or failures? Were there things people did that seemed to really help?
- Who do you go to when you are struggling with challenges, mistakes, or failures? What do they do for you that really helps? What are things people do that might make it worse when you've failed at something or made a mistake?
- How can you help other people when they encounter challenges, mistakes, or failures?

Taking Action (optional)

Display the following statement on a board, poster paper, or screen:

“The next time I make a mistake or don't do something well, I will. . .”

Ask participants to complete the statement. They can write it down and share aloud, create a group poster to which everyone adds their answer, or share their sentence with a partner.

Putting It Into Practice

Display participants' answers to the statement in the reflection activity prominently in your space. When participants encounter challenges in the future, point them to the display and use it to inform their response to the challenge. Continue to share your own experiences with mistakes and setbacks in your own life and how you have grown from them.

Learning From Failures and Mistakes: Interview Planning

Directions: This worksheet includes some questions you may choose to ask the adult you interview about failure and mistakes. You can also create your own questions for the interview.

Name of the person you will interview: _____

1. Think of a time in your life when you made a mistake or failed at something that was difficult at the time, but eventually helped you become a better person. What happened?
2. How did you feel right after you made the mistake or experienced the failure?
3. What would have been the worst thing you could have done after the mistake or failure? Did you think about doing that?
4. Tell me what helped you decide to learn from the mistake or failure. What did you learn?
5. Are there ways that your life is better today because you learned from this mistake or failure?
6. What do you do when you make a mistake or fail at something in your life today?
7. Do you have any advice for me about how I should approach mistakes and failures?

Remember to thank the person you interviewed for their time and insight!