

RILEY'S RAINFOREST



“Send down... from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

Explore & Soar: Practice Positivity

Try these cool ideas to boost your growth mindset.

- ☐ Each day, write down three things you learned, two things you'd like to learn, and one question you want to ask someone you respect or admire.
- ☐ Read about someone who overcame a major challenge in their life.
- ☐ Draw a picture of yourself using your strengths as a reminder that you can fulfill your dreams.



- ☐ Think about the things you're grateful for and write them in a journal, draw them, or take photos that bring them to mind.
- ☐ Meditate on your goal, then visualize possible obstacles. How will you handle them?
- ☐ Think of a problem you face, then ask yourself how a role model might solve it.
- ☐ Create a vision board of your goals and hang it up to stay positive and motivated.

Grow a Healthy Mindset

I had a tough time learning a new flying technique in class today. I tried again and again, but I just kept flapping all over the place. It was so embarrassing! I wanted to fold my wings and give up.

But guess what? My teacher told me I was making a great effort. She said mistakes help us learn. The key is to have a **growth mindset**. Your mindset is the way you look at the world. If you have a fixed mindset, you might give up easily, because you feel like you can't learn new skills. If you have a growth mindset, you see challenges as opportunities to grow. Even if things get tough, you don't give up. You know you can improve by working hard and staying positive.



Like flying, having a growth mindset takes practice. It's like exercise for your mind. It can help your brain grow stronger, almost like a muscle! Crazy, right?

A growth mindset also helps you listen to advice with an open mind, which is important when you're learning something new. My teacher's feedback helped me. She gave me a lot of pointers, like being positive with yourself. Telling yourself encouraging things like “I'm learning so much from these mistakes” or “I'm going to get a lot better if I keep trying” can help you stay optimistic.

Learning this new technique is challenging. But I know that if I keep practicing, my wings *and* my brain will soar faster and stronger!

Curiosity Canopy



Did you know? You can learn a lot about a growth mindset from raccoons. They're so resilient that they can adapt to almost any environment. They're also smart problem-solvers. One famous raccoon learned over 100 behaviors, like how to ride a bike and sweep the floor!