**OBJECTIVE:**
Teach children to have a positive attitude when working through difficult things.

**ACTIVITY:**
Pass out a copy of Things I Can’t Do Yet to each child. Have the child write a list of several things they can’t do yet (such as, riding a bike, multiply with 2-Digit numbers, read a chapter book). If children are struggling to come up with difficult things, prompt them with guiding questions. Once the child completes their list, talk together about the importance of staying positive even when something is hard or you can’t master YET. Use these questions to facilitate conversation:

- “How do you feel when something is hard or difficult?”
- “What do you do to make yourself feel better in these situations?”
- “Do you remember a time when you thought something was difficult, but later learned how to do it?”

**INTRODUCTION:**
Watch [this video](#) for an overview of Day 5’s exercises by Ashlyn.

**READ ALOUD SUGGESTIONS:**
- *Beautiful Oops* by Barney Saltzberg
- *The Most Magnificent Thing* by Ashley Spires
- *The Thing Lou Couldn’t Do* by Ashley Spires
- *Not Yet* by Lisa Cox

**DAILY MINDFUL MINUTE**
*Five Senses:*
Go outside and choose a spot to sit or stand. Take time to think of your 5 senses. What do you see? What do you hear? What do you smell? What do you taste? What do you feel?
THINGS I CAN'T DO YET

By: ______________________
Building social emotional learning and mindfulness is essential for children’s development at all ages. These daily activities allow opportunities for children to build character but also lead to meaningful conversations together at home. Each of the lessons features a daily topic focus that includes an introductory video for the child, an engaging activity, read aloud suggestions and a mindfulness moment for the day.

Meet the Developer
Ashlyn Ellsworth is a creative and energetic 3rd grade teacher from Phoenix, Arizona. Ashlyn has been teaching for 13 years with most of her experience in the primary grades. In addition to teaching full time, Ashlyn is also a designer and teacher author of The Creative Classroom. She enjoys sharing her creative classroom ideas, modeling how to build positive classroom environments and engaging students with classroom management strategies. Ashlyn has developed Mindful Minutes which are social emotional units for the classroom to help build character and mindfulness every day.