

What Makes Us Willing to Try?

A dialogue for teachers with students

What would you like to try but you worry that you wouldn't be good at it? (It can be something in school or out of school.)

What conditions would make it feel safe to try that activity?

It can be fun to do something even when it's hard and you're not that great at it. Give an example from your own experience.

Describe a time when you mastered *one step* of a difficult activity because you were *just then* ready for it.
