

# 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.)

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

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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.

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

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