Title: Learning From Mistakes

Exercise Code: SLINTEGRA034

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| Modules: | Group size: | Duration: |
| 5. Conflict Solving Strategies  6. Problem Solving Strategies | Small group  Large group | 45 min |

**Purpose:**

* To teach participants how to evaluate the outcome of solution and to react appropriately when they make mistakes
* To develop social problem solving skills

**Description:**

Tell the participants: “*You may do something that seems right at the time, but doesn’t get the results you want. Or, you may do something that just makes things worse. The important thing to remember is not to be upset or embarrassed if you make a mistake. Just try to think about what went wrong, and what you can do next. Everyone makes mistakes and hopefully you learn from your mistakes and don’t repeat them.”*

Participants should write about their own experience in which they think they made a mistake. They should write about what happened, what decision they accepted and what they would do differently now.

**Material:**

Paper, pencil

**Methods:**

Experiental learning, presentation, discussion

By thinking of their own experience (in this case, a situation where a person has made a certain mistake) the participants will concretely engage in the exercise. Thinking about the situation won’t stay abstract but the participants will write it down and by doing this, evaluate it. The important part of this is also the final consideration and recording how the participant could have prevented the mistake that was made. This point is a learning process, to exceed past situations and learn from them.

**Advice for Trainer:**

The trainers should give the most time to the question of how a participant could have prevented the mistake done in the past. On this issue, each participant will have their own view, and sharing these opinions, ideas will enrich all the participants of the group. This will help many participants learn from the mistakes of others and therefore they won’t repeat the same mistake.

**Source/Literature:**

Adapted fom “101 Ways To Teach Children Social Skills: A Ready-To-Use, Reproducible Activity Book” E. Shapiro, Lawrence 2004

**Handouts:**

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