



**What to Do
When**

Mistakes Make You **quake**

A Kid's Guide to
Accepting Imperfection

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illustrated by Janet McDonnell

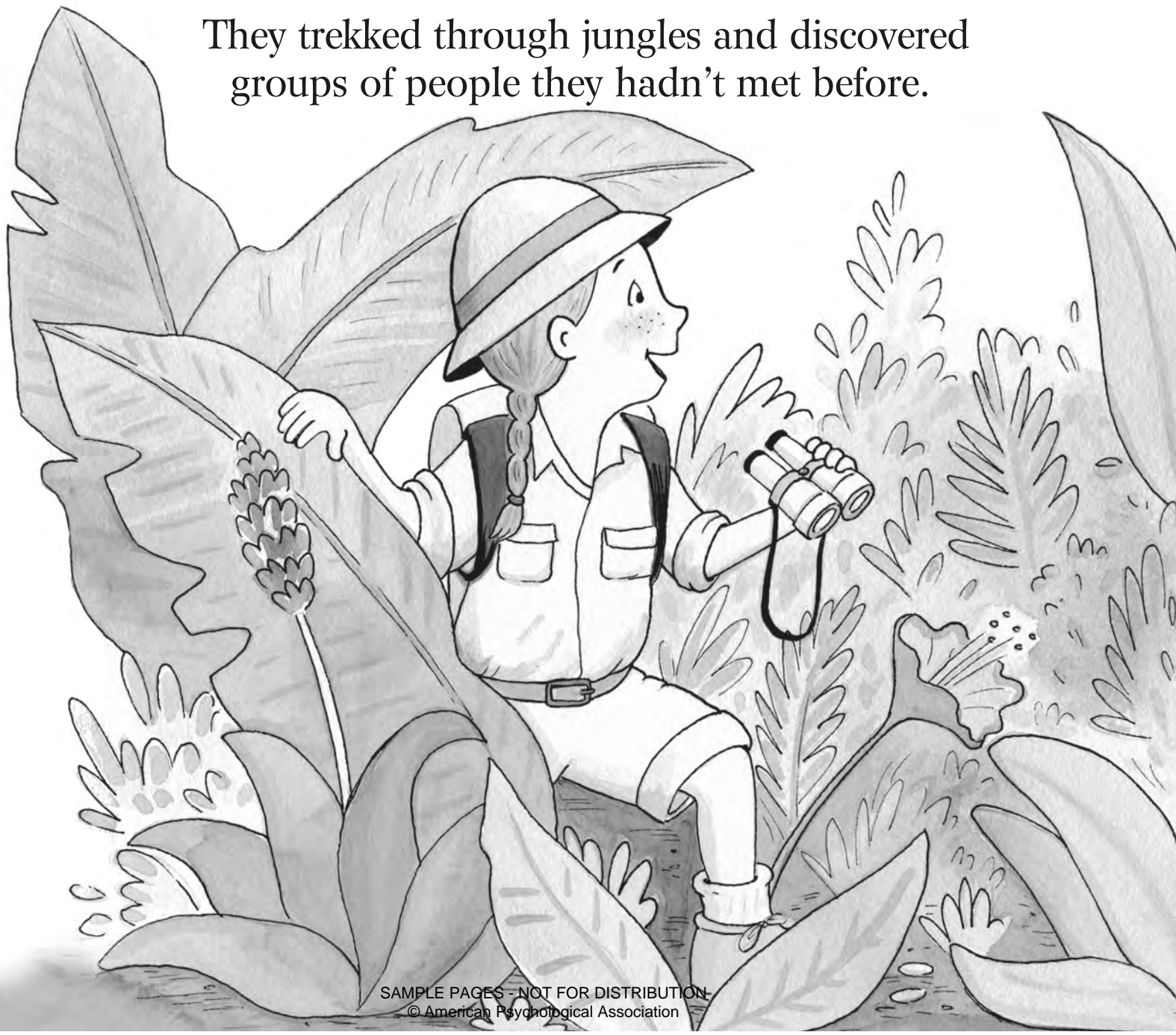
CHAPTER ONE

Let's Explore!

Explorers make discoveries.

Explorers from long ago sailed distant seas and discovered new lands.

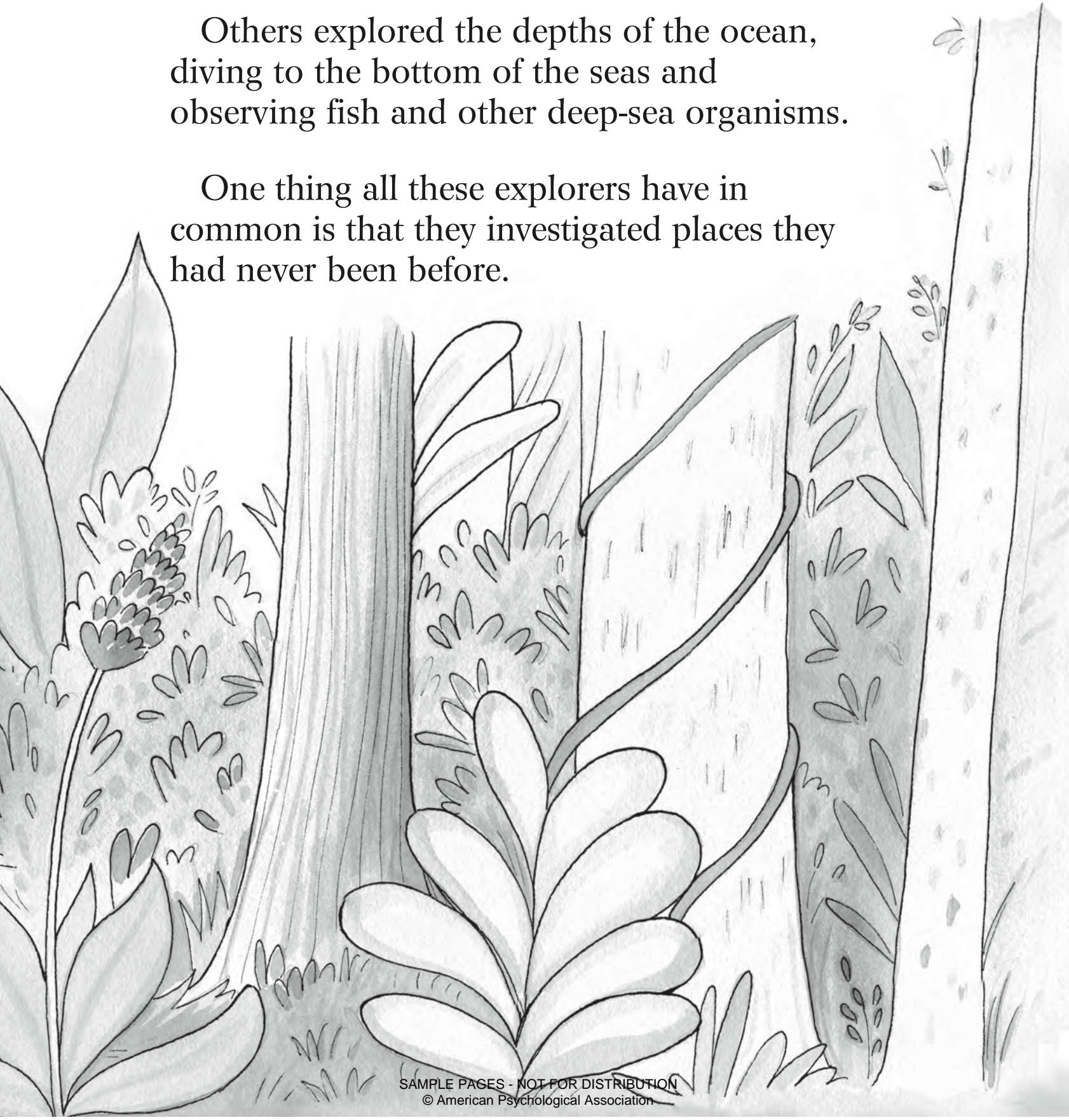
They trekked through jungles and discovered groups of people they hadn't met before.



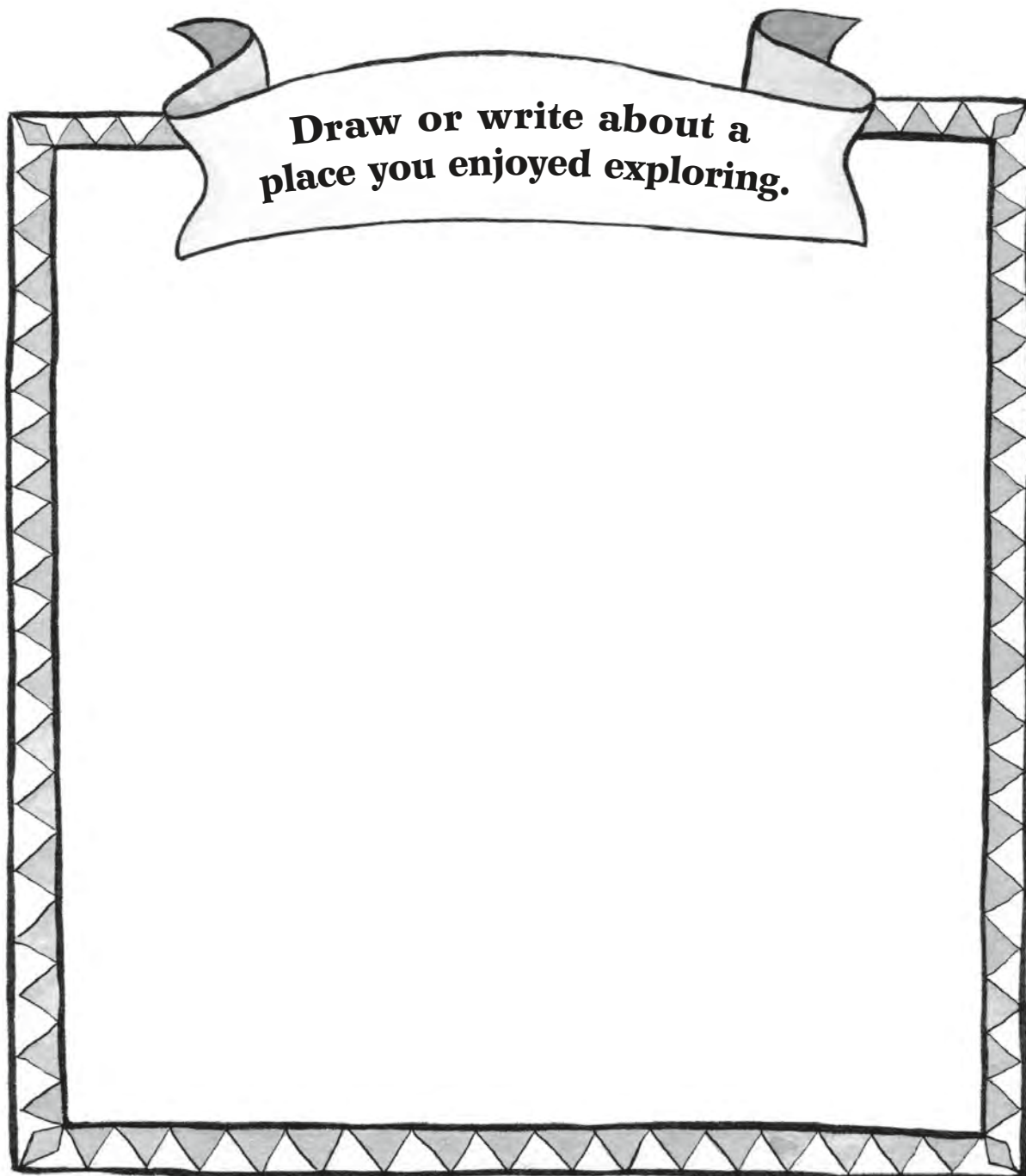
Modern-day explorers traveled in rockets to outer space.

Others explored the depths of the ocean, diving to the bottom of the seas and observing fish and other deep-sea organisms.

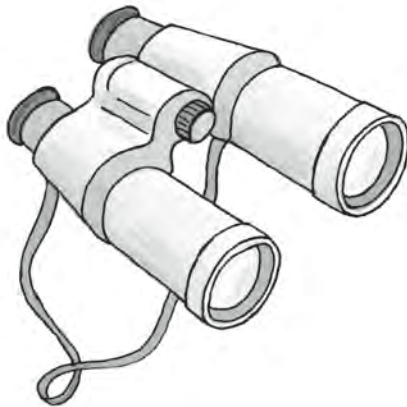
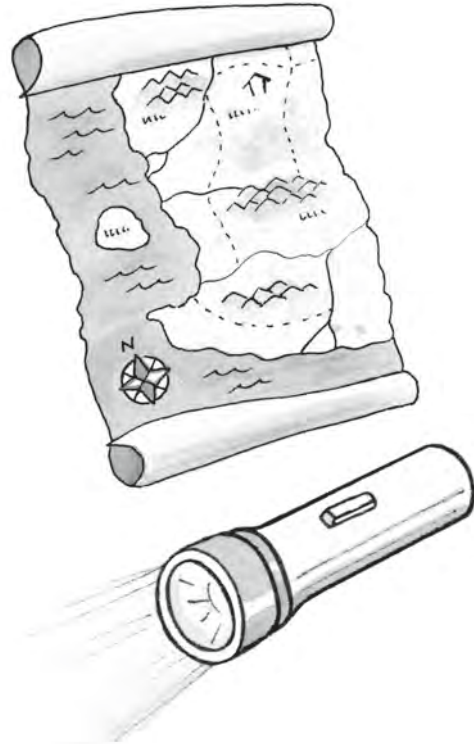
One thing all these explorers have in common is that they investigated places they had never been before.



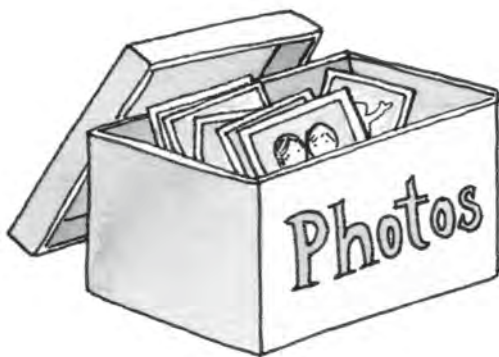
Many kids are also explorers. They often explore the neighborhood, finding interesting places to play or enjoy nature. They might even explore a space in their own house or apartment—a little-used closet, a box of old family photos, or an attic.



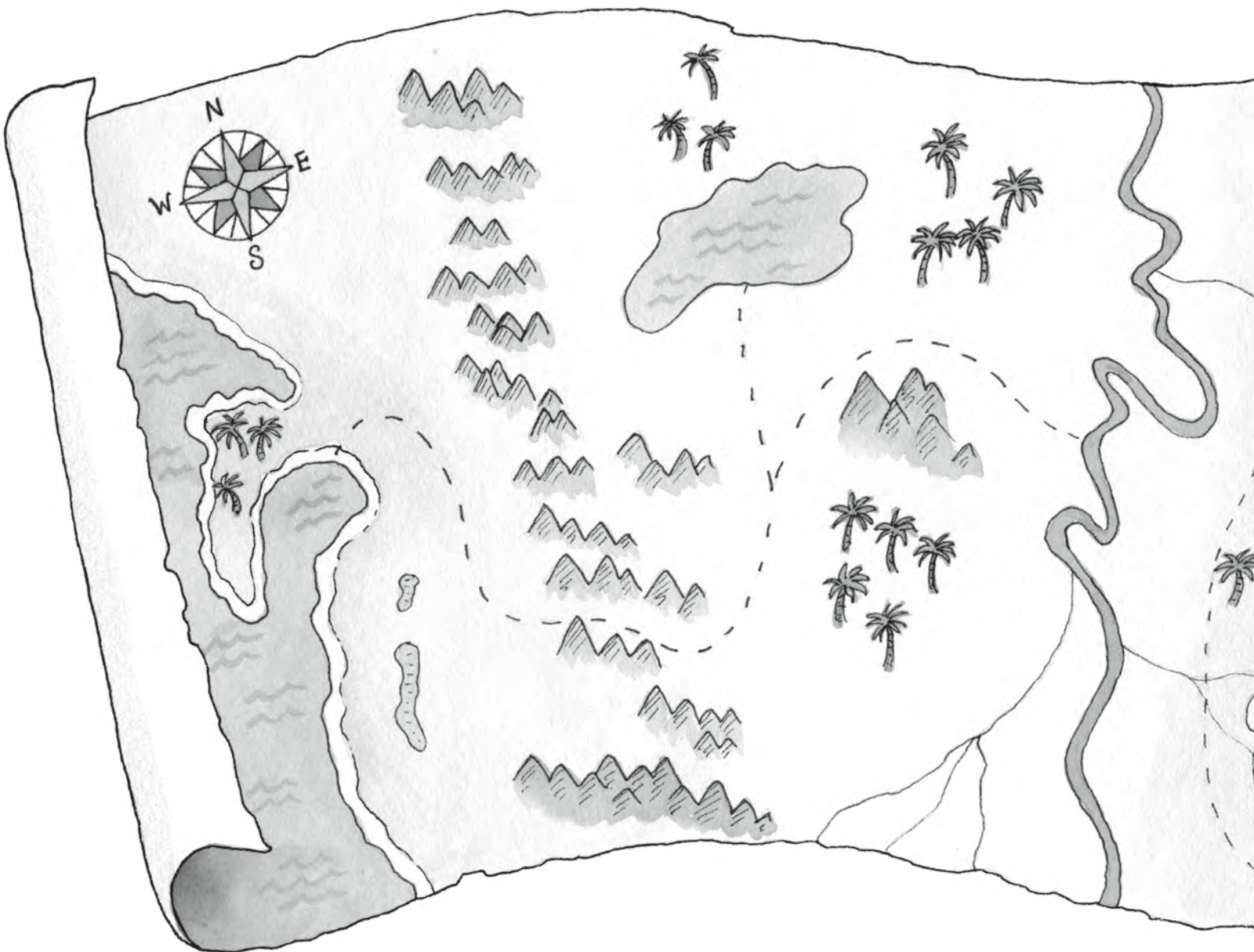
Did you use anything to help you explore: a magnifying glass, a compass, a flashlight?



What did you find?

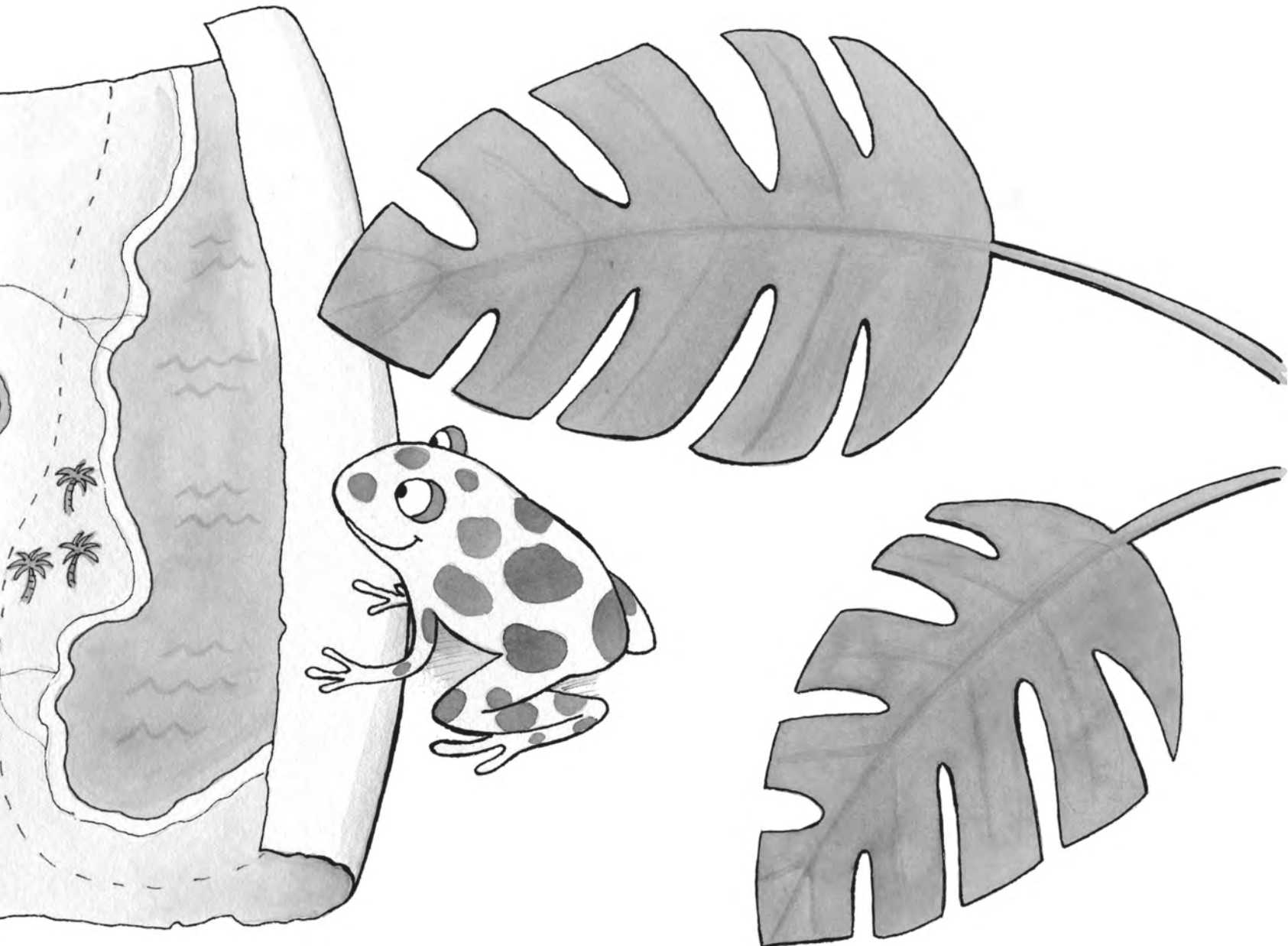


Most explorers take a while to make their discoveries. They use their map, but they may have trouble understanding where they are or what to look for. Amazon explorers, for example, might explore some parts of the jungle that lead nowhere before they discover the river they are looking for. They might make wrong turns. They may even need to start their expedition all over again!



What would you tell an explorer who says, “I’ll only look for the new land if I’m sure I won’t make any mistakes?” You’d probably want to convince her that mistakes are part of exploring someplace new.

Or, suppose that, after looking in one or two places, the explorer says, “I’m no good at this expedition!” and starts to cry. You’d probably want to convince her to keep looking a little longer!



Nobody likes making mistakes, but mistakes are part of life. People who have trouble accepting their mistakes might:

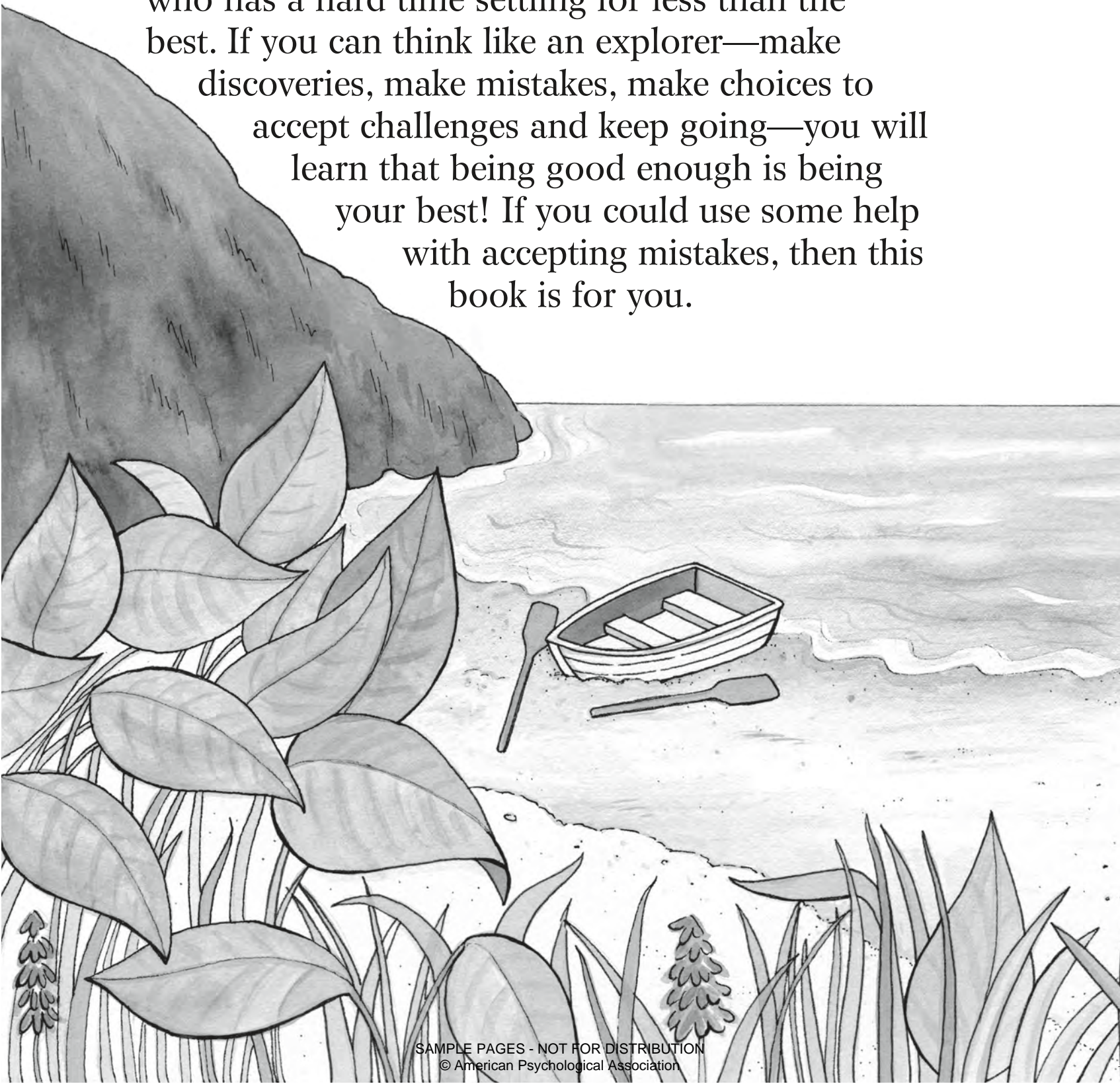
- Set their own rules.
("I'll only explore this jungle if I'm sure I won't take any wrong turns.")
- Blame others for their mistakes.
("You told me to go the wrong way.")
- Say unhelpful things about themselves.
("I'm no good at exploring.")
- Take over and insist on doing things their way.
("You're going to send us the wrong way. Follow me instead.")



There are other ways people who have trouble accepting mistakes might act. They might:

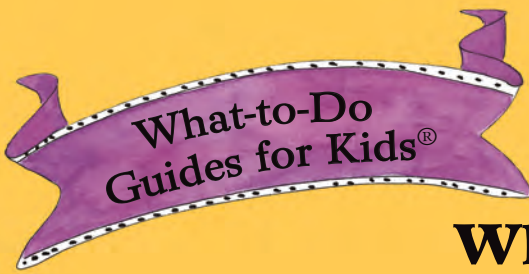
- Have trouble coming to a decision.
 ("I can't decide which path I should take.")
- Make a project too complicated because they want it to be the best.
 ("I'll make a precise map of the jungle, including each tree and plant.")
- Wait to do things at the last minute because they are afraid what they do won't be good enough.
 ("I'll have plenty of time later to get ready for the expedition.")
- Pay more attention to the mistakes than to the good parts.
 ("That wrong turn ruined everything.")
- Give up without really trying.
 ("I don't think that expedition will work out. Just forget it.")

Do any of these behaviors sound a lot like what you do? If so, you might be someone who has trouble accepting your mistakes, someone who tries really hard to be right all the time, someone who has a hard time settling for less than the best. If you can think like an explorer—make discoveries, make mistakes, make choices to accept challenges and keep going—you will learn that being good enough is being your best! If you could use some help with accepting mistakes, then this book is for you.



Read on and start exploring how to accept and learn from your mistakes!





What to Do When Mistakes Make You Quake

A Kid's Guide to Accepting Imperfection

Explorers investigate places they have never been before. These explorers might take a while to make their discoveries. They might have trouble understanding their maps. They might make wrong turns. They might need to start their expedition all over again!




If explorers could not accept their mistakes and keep going, they might never make any discoveries! Does this sound like you? If you have trouble accepting mistakes, if you try to be right all the time, or if you worry about being less than the best, this book is for you!


What to Do When Mistakes Make You Quake guides children and their parents through the emotions underlying a fear of making mistakes using strategies and techniques based on cognitive-behavioral principles. This interactive self-help book is the complete resource for educating, motivating, and empowering children to cope with mistakes—so they can explore new territory without fear!

What-to-Do Guides for Kids®
Helping Kids Live Happier Lives

What to Do When Mistakes Make You Quake is part of Magination Press's award-winning What-to-Do Guides for Kids® series that includes



What to Do When You Worry Too Much
A Kid's Guide to Overcoming Anxiety



What to Do When You Grumble Too Much
A Kid's Guide to Overcoming Negativity

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