

Dear Parents,

This week in the *Bouncy the People Trainer* Program, your child is learning that if you try hard, you can get better at anything. Caring and believing in yourself are important, but you still have to try hard to get better at things.

Help your child identify something they already care about and believe they can do, but have had to try hard to get good at. Is it playing basketball? A certain videogame? Drawing? Soccer? Training an animal?

Show that you believe in the value of effort and practice by focusing your praise on the process of learning, rather than on either personal characteristics of a child (like being smart, or fast, or tall), or a particular level of performance (how many points they scored). Reinforcing a “growth mindset” is a great gift you can offer your child. Modeling it in your own life is worth even more.

If you have access to an iPad at home, or through a friend or relative, sit with your child and ask them to show you the TRY lesson (fourth level). Ask them to tell you what they liked best about this lesson and to show you their drawing of something they will really TRY hard at. Keep the beat and sing along at the words, “If I TRY and TRY and TRY really hard some more, I know I can.” If they do all the activities in level four they will earn their fourth dog skateboarding badge. Let them know you are proud of that accomplishment and believe they can do whatever they TRY HARD at in life.

Sincerely,

P.S. To find out how to get the Bouncy app for free at home, go to the Bouncy website at [bouncykids.net/parents](http://bouncykids.net/parents).