

What Is My Child Learning?

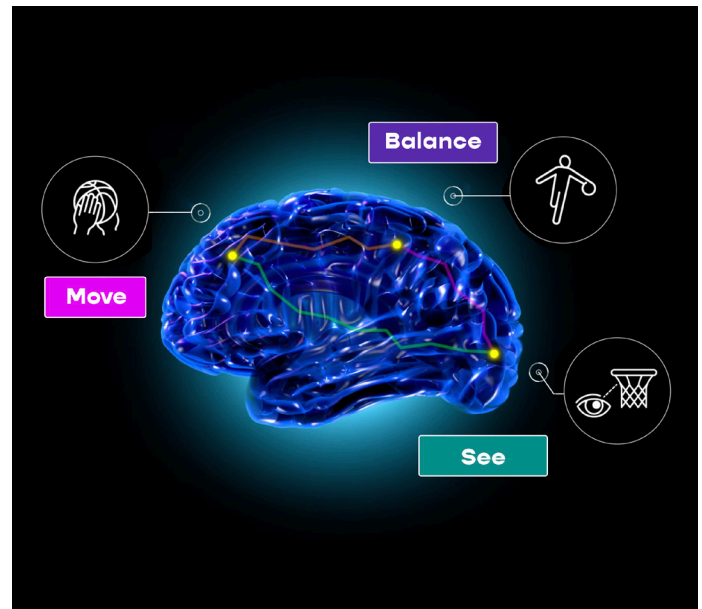
Unit Themes

Your child is learning about the importance of practice and how it changes the brain. Third graders see how trying repeatedly and making mistakes help their brain form and strengthen connections so that their skills improve. Later in the unit, students create their own plans to get better at something they've chosen. Their plans describe how they'll practice, as well as what they can do if they feel like they're not making progress. For example, your child's plan might include a different way to practice or the name of someone who could give them advice.

Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- ▲ **Be better learners**
- ▲ **Be more adaptable**
- ▲ **Seek more challenge**



Practice at Home

What to Look For

Notice and praise your child when you see them trying hard and making mistakes as they work on improving their skills for school, a hobby, or a personal interest. Your third grader may work longer than usual, even after making mistakes. They might also try different ways of practicing or ask for help with their learning. You can say, **Way to keep going. You're helping your brain make connections.**

Try This!

Discuss: Take turns describing how you learned something new. Focus on things you did to practice and the people and resources that helped you. For example, **I've been learning to be a better cook. I watch a video online, then I try making the dish. It may not come out great, but then I think about what I'll do differently, and I get a little better each time. Sometimes I call Grandpa for help—he cooks a lot.**

Practice: When your child has trouble learning a new skill even though they're trying hard, help them think of ways to adjust their practice. For example, if your child has been using flashcards to learn math facts, you can suggest they make up a song or create a poster.