

Series 2, Episode 1 Discussion Guide

In Episode 1, “Katie Discovers the Dip,” Katie learns about a common challenge that faces everyone when learning a new skill

- ① What is a dip?
- ② Where/what situations might we encounter a dip?
- ③ What kind of emotions accompany a dip, and how can we stay positive?



Teacher tip: Use ClassDojo to encourage “Trying something new” in your classroom this week.

On the next page are a few “take-home” questions for parents, so they can watch the video and reinforce the concept at home!

Series 2, Ep 1: Take-home questions

We're watching a video series about how students can develop a growth mindset!
Watch it at: www.classdojo.com/BigIdeas,
and ask your child these questions tonight.

1. What is "the dip"?
2. Discuss an example of a time you've felt the dip (student share, parent share.) How did it feel?
3. How does what we've learned about growth mindset help us get out of the dip?



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