

KRISTI YAMAGUCHI

Dreaming on Ice



Dream Team, welcome to the Barbie Podcast Activity Guide! This guide is part of the Barbie Dream Gap Project. The Dream Gap is anything that comes between us and our limitless potential. Everybody, even gold medal winning Olympians, can experience falls and failures on their way to success. These Activity Guides remind us that “You can be anything” by practicing our dreaming skills together. Practicing these skills helps us build confidence. Confidence and connection are the fuel that make dreams possible.

By doing this activity together girls and their adults will:

- Deepen their learning from Kristi Yamaguchi’s story and her perspective;
- Share with each other the failures they want to claim and celebrate;
- Play around with reactions to failure; and
- Find ways to move from failure to practice.

CHECK-IN QUESTION

Kristi Yamaguchi says that falling is a part of learning to skate, just like failing is a part of learning. While we often hide our failures, today we are going to celebrate them so that we can become better learners.

Is there a time that you failed recently? This can be something small, like a game that you lost, a disappointing grade that you got, or a way you let a friend down.

Both adults and young people should share at least one way that they failed recently. Adults, this is a chance to model owning mistakes from when you were young, as well as one that you might have made more recently. If either of you is having trouble thinking of one, just ask yourself, is there anything you did that if you could go back in time, you would do differently?

FEELINGS CHECK-IN

How did you feel when you made a mistake?

While mistakes are VERY common, sometimes we avoid them because we feel embarrassed, ashamed, or lonely when we think about them. Our mistakes can make us feel alone, like we are the only ones messing up.

ACTIVITY *Create a certificate of failure.*

We need to get cozy with our mistakes to shift from letting our failures shut us down to using our failures as fuel to get back up and keep practicing. To start, we are going to create a celebration of failure. **You can write:**

This award goes to _____ (write name in fancy letters)
For failing to _____ (describe your failure)
And realizing they needed to _____ (write what you learned)

Create a signature line for you to sign each other’s certificates. Use your fanciest pen. If you have star stickers, stick them on the certificate; if not, draw some stars. You can display these certificates to remind you of your growth and learning.

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ACTIVITY continued

Next, try out three reactions to failure.

Try out hiding your mistakes. Sometimes when we make mistakes, the pressure to be perfect makes us hide our mistakes from each other, and even ourselves. Hiding from our mistakes can sound like denying that they ever happened, or blaming them on someone else. Go back over your mistakes and try hiding them. How does hiding your mistakes make you feel?

Try out amplifying your mistakes. Another common reaction to our discomfort with mistakes is to amplify them, until we make them impossible to deal with. When Kristi came in 11th, if she had said, "I am the worst skater ever!" she might have quit, and lost the chance to get better. Go through your same list of mistakes and try amplifying them, making them as BIG as possible. How does amplifying your mistakes make you feel?

Get cozy with your mistakes. In between hiding from our mistakes, and amplifying them, we can see them for what they are. They don't define us, they are behaviors that can change with intention or practice. **Go over that list of mistakes one last time, and try saying it this way:**

I realize that I _____ (Insert your mistake or failure), **so I want to _____** (insert the new behavior you want to change).

For Kristi this might sound like:

I realize that I came in second to last, **so I want to** practice lots more before my next competition.

Kristi taught Barbie "Malibu" and Barbie "Brooklyn" about getting back up from a fall on the ice, and naming our new behaviors is how we get back up from our failures in everyday life.

CLOSING

Kristi had a whole team supporting her at the Olympics, and you have each other as support! Close by asking each other for the support that you need to practice getting back up from your mistake or failure.

Congratulations on practicing building your confidence together. You are both so lucky to have a buddy to flex your mistake-making muscle with. Tune into the next Barbie podcast episode to learn about other inspirational changemakers, and to have fun learning together.

BONUS CONVERSATIONS

When Kristi was about to skate in the Olympics, she was nervous, and the note of encouragement from her coach helped her take a deep breath. **What kind of encouragement do you like best?** Do you like someone cheering for you when you are in the spotlight, or do you prefer your people to give you distance so you can focus? **Share how you like to be encouraged and practice giving each other support.**

CERTIFICATE OF FAILURE

This award goes to

For failing to

And realizing that they needed to

Signed _____



Signed _____

