



Family Name: _____

MOTIVATING QUOTE

“ Changing the game is a mindset. ”

Robert Rodriguez

Discuss this quote with your family.
What does this quote mean to you?

The ACTIVITY

Stroop Effect

The famous 'Stroop Effect' is named after its discoverer, J. Ridley Stroop. Stroop discovered that it was very easy to name the word 'green' when it was printed in green but that it was difficult when the word or ink colour was different.

Your challenge is to name the colour the words are printed in, while fully ignoring the actual word meaning. You can take the challenge at the link below.

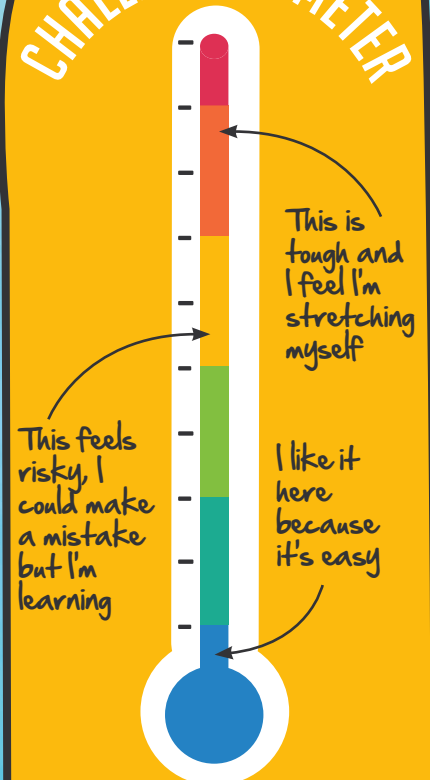
Why do you think it is difficult when the word and the ink colour are different? What do you think is happening inside your brain?

Resources:

Online: Stroop Effect Activities

<https://faculty.washington.edu/chudler/words.html>

CHALLENGE-O-METER



CHALLENGE YOURSELF

What can you do to make this activity more challenging?

The Power of YET!

If someone gets stuck and needs some help, say:

"If you keep practising and take your time you will be able to do it."



Change your MINDSET

If someone in the family says:

"I made a mistake"

encourage them to say:

"Mistakes help me to learn."



POSITIVELY REINFORCE

Positively reinforce someone in your family by saying:

"It was a tough activity, but you stuck to it and kept up your concentration. That's great!"

or

"Effort pays off. Well done!"

As a family answer the following questions.

What did you enjoy the most?

If you had the opportunity to do this again, what would you do differently?

What help would you need next time?



FABULOUS FEEDBACK

How can you apply what you have learned to other activities?

RATE ACTIVITY

As a family rate this activity out of five stars

Name:



Name:



Name:



Name:



Name:



Name:



Name:

