

Growing Your Brain Power Every Day!

From the practice of Elliott McCray, Ed.S., The McCray Learning Lab

What this builds (transformative SEL): Agency (“I can do it”).

This story teaches young children daily growth-mindset habits: try hard things, kind self-talk, the power of “yet,” learning from mistakes, celebrating effort, and supportive friendships.

Try at home

- Set tiny, fun goals (“read 5 new words”) and take small steps like climbing a ladder.
- Keep a **Super Growth Journal**: draw a tricky thing you tried and a win.
- Learn something fun daily (a story, a show, a new hobby) and teach it to someone.
- Protect **sleep and movement**: rest and play both help young brains grow.

This is a practice tool for building skills, not therapy, counseling, or a clinical service.

From The McCray Learning Lab. Elliott McCray, Ed.S.



For grown-ups: a companion practice for the adults in this child’s corner: [Growing Brain Power: A Grown-Up's Turn.](#)

The McCray Learning Lab

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