

When Building Feels Too Hard, Start with Smaller Steps

3 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=N0PWKN5K01K](https://www.youtube.com/watch?v=N0PWKN5K01K)
<https://www.youtube.com/watch?v=n0PWKN5k01k>

SUMMARY

The video illustrates the importance of teaching children how to approach big projects by breaking them down into manageable steps. It emphasizes that when faced with overwhelming tasks, kids can benefit from taking a break and returning with renewed energy and focus.

- *Children often feel overwhelmed by big ideas and projects.*
- *It's crucial to teach them to break tasks into smaller, manageable steps.*
- *Taking breaks is important; it helps kids return to tasks with a fresh perspective.*
- *The speaker shares a lesson from their second-grade teacher about managing difficult tasks.*
- *Building a Hot Wheels track serves as a practical example of this approach.*
- *Celebrating small successes can boost children's confidence and enjoyment.*
- *The process of creating can be fun and rewarding when approached correctly.*

[Music] Do you ever watch your kid get excited by a big idea? They're thinking about making a huge castle. They have some epic world they're excited about and then everything shifts. There feels like there's too many steps. They don't know how to start. They start saying things like, "It's too hard." and you watch the disappointment or the meltdown. I want to tell you something my second grade teacher told me. She told us, "If something feels too hard to do, take a smaller step." This might seem obvious to us adults. It's not obvious to kids.

They need to understand that they can break big things into small, sturdy steps because that's how they make progress and build momentum and confidence. When it comes to big projects, I also like to remind my kids, you can always take a breath and take a break. A break could be 5 minutes. It could be a few hours. It could be a day. It could be a week. That is totally okay. We want our kids to know that they can come return and make progress. They don't have to do it all at once.

Honestly, building a Hot Wheels track is the perfect opportunity to teach your kid that they can take big projects and break them into smaller, sturdy steps. Let me show you how to do that. Look at this really cool track. Look at this. >> So cool. >> Yeah, >> it looks kind of hard. >> How How are we going to do it? I wonder how we could do it. You know, I'm thinking about something my teacher told me when I was in second grade that always stuck with me.

>> What is your teacher? >> I'm going to tell you. She told us if something feels hard, take a smaller step. If

something feels hard, take a smaller step. Maybe we start small and click. What a great first step. You know the other thing I learned when I was a kid? >> Yeah. >> It's okay to take a breath >> and take a break and then we can come back. I know we can make this really cool thing and it's going to feel amazing when we do, right? How is that going to feel when we finish?

>> Amazing. Amazing. [Applause] [Music] Look at this track we built. This is amazing. We worked so hard >> and it was so fun. >> And it was so fun. Let's see if we can get a car to go through. [Music] We did it.

>> Let's try this one. >> Let's try that one >> again. >> Now, let's try this one. >> Let's try that one.