

If you have a growth mindset, you believe that with work, practice, and perseverance, you can improve – whether it's your academic performance, or any other skill. (Those with the opposite, a fixed mindset, believe that our intelligence and talents are predisposed, and either you were born with it or not.)



# GROW TH mindset

### HOW YOU CAN HELP YOUR CHILD



#### TALK ABOUT IT

Talk with your child about their day, but guide the discussion by asking questions like:

- Did you make a mistake today? What did you learn?
- What did you do that was difficult today?



#### PRAISE THE PROCESS

Instead of saying, "You're so smart!" praise effort, goal setting, persisting through challenges, or being creative. You can say something like:

 "Wowl You must have worked really hard on this!"



#### ENCOURAGE FAILURE (SAY WHAT?!)

Your child needs to know that failure can (and often does) happen and it is okay! Remind them that each time they fail and try again, their brain is growing; stronger! Don't step in to prevent your child's failure - this is how they learn to persevere in the face of challenges.



Remind your child that their intelligence is not fixed. Remind them that when things are difficult, their brain grows if they persist through the challenge. Each time they learn something new, their brain is making new connections. Your child needs to know this is possible!

#### HELP THEM CHANGE THEIR DIALOGUE

The way your child talks to themself makes a huge impact on their mindset. If they say, "This is too hard!" help them change that to "I can't do this yet, but I will keep trying." Give them the words to say when they are feeling defeated by modeling it yourself!

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### 10 What Questions

## to Develop a Growth Mindset in Children

- 1. What did you do today that made you think hard?
- 2. What happened today that made you keep on going?
- 3. What can you learn from this?
- 4. What mistake did you make that taught you something?
- 5. What did you try hard at today?
- 6. What strategy are you going to try now?
- 7. What will you do to challenge yourself today?
- 8. What will you do to improve your work?
- 9. What will you do to improve your talent?
- 10. What will you do to solve this problem?



Mindset is the way our minds think about things. We will learn about the difference between fixed and growth mindset - fixed is believing that you can't do something, can't get better, can't succeed, while growth is believing that you can get better at something by trying your best and you can succeed. By talking about the words that someone with a fixed vs. growth mindset might say to themselves, students will learn that the words we say to ourselves when something gets hard are very important! If we say "I can't do this" or "it's too hard," we most likely won't get anywhere. If we say "This is hard, but I'm going to keep trying," or "I can't do this...yet," it changes everything. We will discuss how our mindset is in our control, and by changing our words, we can easily change our mindset.

Mindset is an important topic to discuss and practice with your child. As our children grow and experience new challenges, encouraging growth mindsets may be the key to getting them through! For more information about growth mindset, please check out the work by Carol Dweck at <a href="https://www.mindsetonline.com">www.mindsetonline.com</a>.

Each Monday, the entire school will focus on our mindset through listening, watching, reading and hands- on activities using Mindfulness and Faith. We will be incorporating literacy and writing using our Mindset Monday Journals. Stay tuned for more...