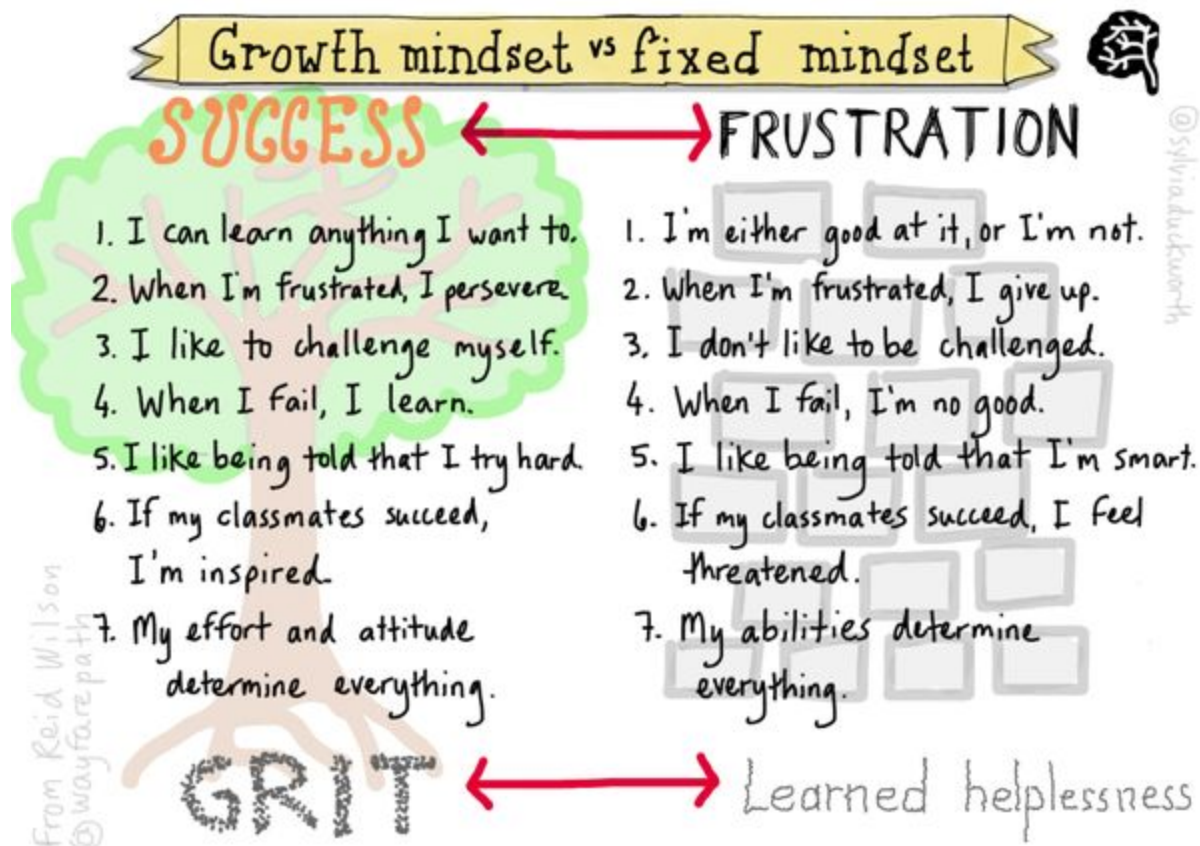


MINDSET

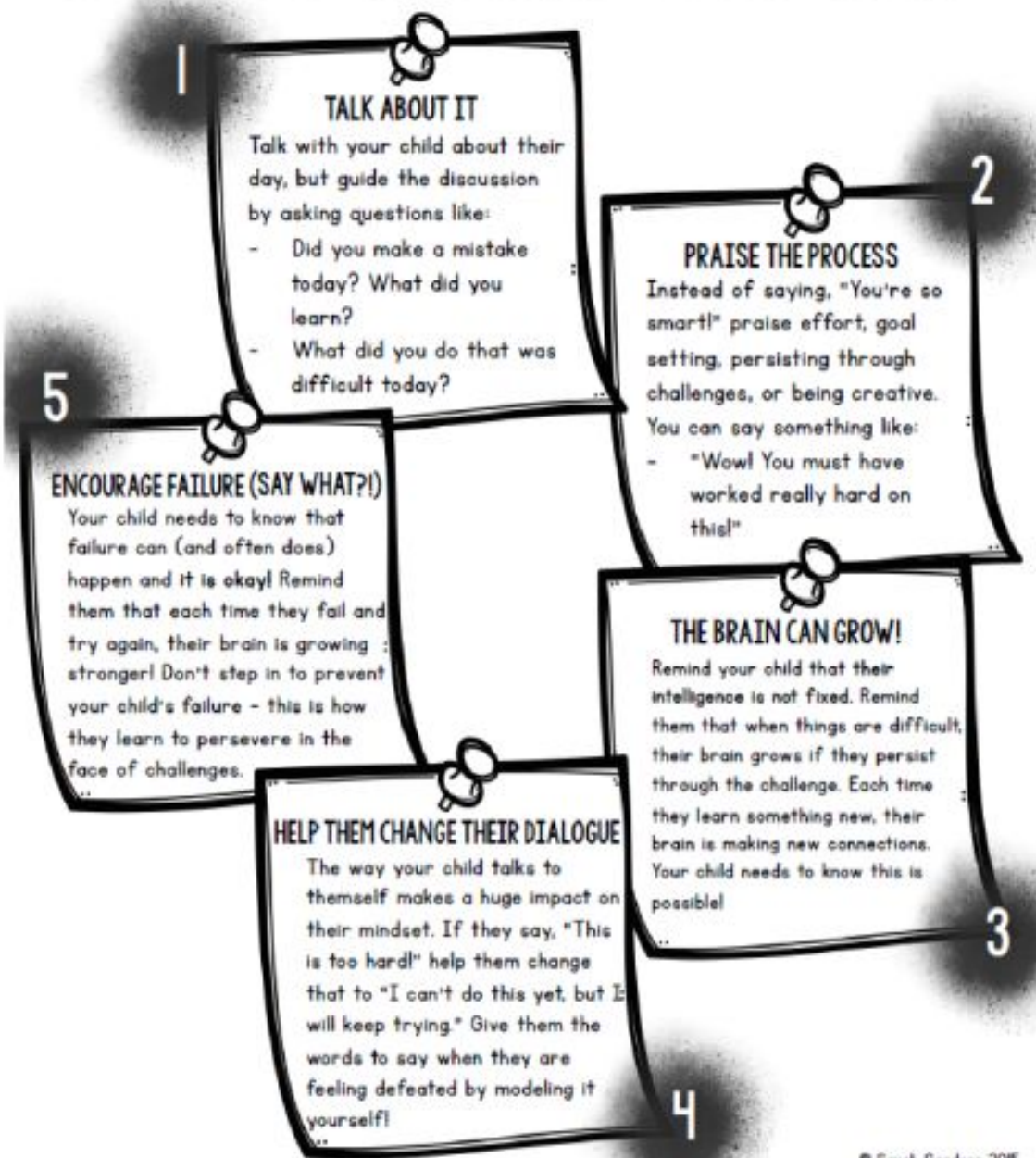


If you have a growth mindset, you believe that with work, practice, and perseverance, you can improve – whether it's your academic performance, or any other skill. (Those with the opposite, a fixed mindset, believe that our intelligence and talents are predisposed, and either you were born with it or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



GROWTH mindset

HOW YOU CAN HELP YOUR CHILD



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 Monday

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 www.mindsetonline.com.

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...