

# GROWTH MINDSET

## at home



### What Kind of Mindset Do You Have?



I can learn anything I want to.  
When I'm frustrated, I persevere.  
I want to challenge myself.  
When I fail, I learn.  
Tell me I try hard.  
If you succeed, I'm inspired.  
My effort and attitude determine everything.



I'm either good at it, or I'm not.  
When I'm frustrated, I give up.  
I don't like to be challenged.  
When I fail, I'm no good.  
Tell me I'm smart.  
If you succeed, I feel threatened.  
My abilities determine everything.

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### WHAT DOES 'PROCESS PRAISE' SOUND LIKE?

- That work is really good. Tell me about it and how you did it
- I love the colours in your artwork. What techniques have you tried?
- Well done! You're learning to...
- Every time you practise that, you're making the connections in your brain stronger
- I'm so proud of how hard you tried in that game

### WHAT DOES IT SOUND LIKE WHEN WE PRAISE A CHILD'S TALENT OR INTELLIGENCE?

- You learned that so quickly!
- Fantastic work- you didn't make any mistakes at all
- You're a natural at [ insert skill ]

## GROWTH MINDSET PRINCIPLES

### INTELLIGENCE CAN BE GROWN

Everything we know and can do is learned

### EFFORT IS MORE IMPORTANT THAN OUTCOME

Learning to persist using our own, independent strategies is a skill that will be beneficial throughout our lives

### MISTAKES ARE VALUABLE

Without mistakes and failure new learning cannot happen

### THE TYPE OF PRAISE WE GIVE IMPACTS ON A CHILD'S MINDSET

Praising a child's intelligence, ability or talent sends messages that can encourage a fixed mindset

# GROWTH MINDSET

## **Model Growth Mindset Thinking**

Explain how you deal with challenges and continue to learn. Don't label yourself in a way that demonstrates a fixed mindset.

(E.g. 'I'm a terrible cook' or 'I've always been bad at Maths')

## **Praise the Process**

Celebrate the effort or practise children have put into something, to help them see that persevering is worth it. When your child succeeds talk about the work that went into that success.

## **Set High Standards but Give Help When It's Needed**

We should have high expectations of children's habits, effort and ability to grow. Making things too simple in order to give them an 'easy win' is counter-productive in the long run. If children need support, for example equipment or to talk homework through, this help will support their success.

## **Present Failure as an Opportunity to Grow**

Our instinct is to protect our children from the disappointment of failure, but this doesn't help them cope with setbacks. Don't allow your child to label themselves or shelter from failure by placing the blame on others.

Instead ask, 'What will you do differently next time?'

## **Provide Honest, Constructive Criticism**

Try not to focus on your child's past mistakes. Work with your child to identify strategies that would help improve them in an area they find difficult.

Comparing children to their peers or siblings either favourably or unfavourably can encourage children to think of their abilities as fixed. (E.g. Her brother has always been better at writing'.)

## **Encourage Them to Enjoy Learning**

Tests may give you snapshots of what your child has learned so far, but over-focusing on scores and performance can encourage a fixed mindset. Talk to them about which areas of the curriculum have engaged them and foster their interest in these.

## **Set Realistic Goals**

Be mindful of the goals you set for your children and the messages they may hear. Goals should focus on the growth of a skill or the expanding of knowledge, rather than the end result.

## **Highlight the Growth Mindset of People Your Child Admires**

If your child has a favourite singer or footballer, find out about their daily habits, goal-setting and commitment. There are some great videos about famous people who experienced early failures, including Michael Jordan, J.K. Rowling and Einstein.

## **Take Reasonable Risks and Encourage Your Child to do so.**

Growth mindset is about being a life-long learner. Accepting a certain amount of risk and failure is part of the process.

Is there something that you always wanted to try but you were afraid you'd fail? Make a plan to do it and ask your child to do the same.

## **Find Out About the Brain Together.**

Children are fascinated by brain facts. Learning about the brain's incredible capacity for growth can help them to see that abilities are not predetermined. There are some lovely websites devoted to explaining neuroscience for kids

## **Websites**

**<https://www.mindsetkit.org/growth-mindset-parents>**