

Growth Mindset Resources

The Growth Mindset can provide a powerful way to help increase a child's motivation and their belief in the importance of their effort. I encourage you to take some time to look through the resources attached so that you will know some of our philosophies and approaches and to determine if this would be of benefit outside of school.

[Growth Mindset Resources for Parents](https://biglifejournal.com/pages/growth-mindset)

<https://biglifejournal.com/pages/growth-mindset>

[Mindset Kit--Online Course for Parents](https://www.mindsetkit.org/growth-mindset-parents)

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

[Activities to Build a Strong Mindset](https://www.khanacademy.org/partner-content/learnstorm-mindset-activities-17)

<https://www.khanacademy.org/partner-content/learnstorm-mindset-activities-17>

Children's Videos to Watch

[Growth Mindset Videos for Children and Parents](https://ideas.classdojo.com/b/growth-mindset)

<https://ideas.classdojo.com/b/growth-mindset>

It's Okay to Make Mistakes—Discussion

- How do you feel when you make a mistake? Why?
- How do you think other people see you when you make a mistake?
- Have you ever discovered something new from making a mistake?
- Have you ever felt proud of making a mistake?
- Has a mistake ever made you think more deeply about a problem?

GROWTH MINDSET STATEMENTS

I can change my MINDSET with my Words!

Instead of:

- I am not good at this.
- I am great at this.
- This is too hard.
- This is too easy.
- I am afraid I will make a mistake.
- I give up.
- I can't do this.
- This is good enough.
- I won't do this because I'm afraid I might fail.
- I am not as smart as my friend

I can say:

- I am not good at this YET, but I will learn.
- I practiced and learned how to do this.
- This will require effort and finding the right strategy.
- How can I make this more challenging?
- When I make a mistake, I will learn from it and get better.
- I will succeed if I put forth effort and find a better strategy.
- I need feedback and help from others.
- Is it my best work? Can I improve it?
- If I fail, I can try again until I succeed.
- I am in charge of how smart I am. I can learn from my friend.



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?