

## GROWTH MINDSET BOOKS

- \* My Truck is Stuck, K Lewis
- \* Giraffes can't Dance, Andrea and Parker
- \* The Day the Crayons Quit, D. Daywalt
- \* Oh the places you'll go, Dr Seuss
- \* Your fantastic elastic brain, J. Deak
- \* The Girl who never made mistakes, M. Pett
- \* She persisted, C. Clinton
- \* Beautiful Oops! B. Saltzberg
- \* I Can't do that, YET E. Cordova
- \* The thing Lou couldn't do, A. Spires
- \* Making a Splash, C. E. Reily
- \* Nadia: The girl who couldn't sit still, K. Gray
- \* You can do it Bert!, O. Konnecke
- \* What do you do with a problem, K. Yamada
- \* I won't Quit, D. McGill

## GROWTH MINDSET ONLINE

- \* Ceebeebies- <https://www.bbc.co.uk/cbeebies/grownups/help-your-child-try-new-things>
- \* Dojo growth mindset videos—<https://ideas.classdojo.com/b/growth-mindset>
- \* Power of yet, sesame street. <https://www.youtube.com/watch?v=XLeUvZvuvAs>



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# GROWTH MINDSET

Help little brains grow

## What is a growth mindset?

Professor Carol Dweck, an American psychologist, found that we all have different beliefs about the underlying nature of ability.

Children (and adults!) with a **growth mindset** believe that intelligence and abilities can be developed through effort, persistence, trying different strategies and learning from mistakes.

On the other hand, people with a **fixed mindset** believe that our intelligence and abilities are fixed traits; something that you are born with and that you can't really do anything about.



## How do the different Mindsets develop?

Most babies are excited to learn. However, as soon as children are able to compare themselves to others, some will stop focusing on learning and will instead focus on performance; they want to look good in front of others and more importantly, they want to feel like they are the best.

Children (and adults!) with a fixed mindset feel as if they have no control over their abilities, and are helpless in the face of difficulties and setbacks. They begin to feel disheartened if they find something difficult, which can lead to low self-esteem and a developing sense that there is 'no point' in trying.

Although no one likes failing, children with a growth mindset do not let failure define them; instead, they use setbacks to motivate them. Children encouraged to adopt a growth mindset enjoy challenges and the sense of achievement they get when they succeed.

## How can I help my child to develop a Growth Mindset?

Research has shown that Mindsets can be changed relatively quickly and there are plenty of things that parents and families can do to help;

- Teach children to love challenges, enjoy effort, and keep on learning
- Encourage children to be resilient and not give up, even when they find something difficult or frustrating
- Rather than praising success, praise effort and persistence.
- Celebrate mistakes!

## Growth Mindset Praise

It's natural to want to praise children when they do something well, but we need to do this carefully. The type of praise that we use can have a big impact on children's motivation.

Praise should focus on effort, strategies, progress, hard work, persistence, rising to a challenge or learning from a mistake.

## Examples of praise

Great effort!

You practiced a lot and it shows.

You tried lots of different ways.

You really concentrated.



## Changing mindset with WORDS



Instead of: Support your child to say:

I am not good at this ● I'm not good at this YET. I will learn.

I am great at this ● I practiced and learned how to do this.

I can't do this ● I need some help with this.

This is too hard ● This takes effort. I need to find the right strategy.

This is too easy ● How can I make it more challenging?

I won't try because I might get it wrong ● If I get it wrong, I can try again.

I'm not as good at this as my friend ● I can grow my brain by learning hard things!

I give up ● I need to find a better strategy.