

GROWTH MINDSET

Ideas for promoting a Growth Mindset in children:

- Help children understand a little more about how the brain works, that it gets more powerful through practicing the things you want to get better at, determination, and bouncing back from disappointment, the feeling you get when you don't get your own way and making mistakes
- Don't tell children they are smart, gifted, or talented, since this implies that they were born with the knowledge, and does not encourage effort and growth.
- Let children know when they demonstrate a growth mindset.
- Praise the process. It's effort, resilience, determination, commitment, and practice that allow children to become the best version of themselves.
- Don't praise the result as much as perhaps you do. Test scores and rigid ways of measuring learning and knowledge limit the growth that would otherwise be tapped.
- Understand the power of mistakes. Children sometimes learn the most when they fail. Let them know that mistakes are a big part of the learning process. There is nothing like the feeling of struggling through a very difficult problem, only to finally break through and solve it! The more challenging the problem, the more satisfying it is to find the solution.
- Encourage participation and collaborative group learning. Children learn best when they are immersed in a topic and allowed to discuss and advance with their peers.
- Encourage competency-based learning. Get children excited about subject matter by explaining why it is important and how it will help them in the future. The goal should never be to get the 'correct' answer, but to understand the topic at a fundamental, deep level, and want to learn more.

Questions that will help develop a Growth Mindset:

- What did you learn today?
- How did you learn that?
- What mistakes did you make that help you learn?
- What did you do that made you more resilient?
- What did you do that made you persevere?
- What did you struggle with today?
- What little problems did you take responsibility for?
- What did you say or do to make someone feel good today?
- What monster distractions did you fight off successfully today?
- What monster distractions do you need to practice fighting off?

Give more praise for the process of learning;

I love the way you:

- like doing the tricky things
- the way you remain calm when things don't go your way
- just keep on going....you think it out, then use a buddy's brain, then the bits and bobs around you and then and only then do you ask an adults...great stuff
- praise other people when they are successful
- Keep your focus on what you are trying to achieve; the way you fight off the monster distractions