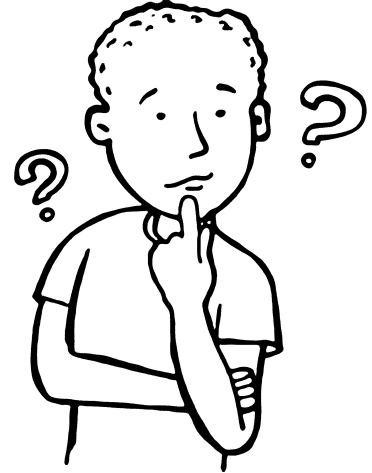


What is Growth Mindset?



A Growth Mindset is an understanding that intelligence can grow, and with hard work and positive thinking, obstacles can be overcome.

Tips to Help!

TIP #1

If you hear your child say, "I can't" or "I don't get it!" have them add YET to the end of the sentence. "I can't do it YET" or "I don't get it YET!"

TIP #2

Have conversations with your kids that it's OK to fail as long as they learn from those failures/mistakes.

TIP #3

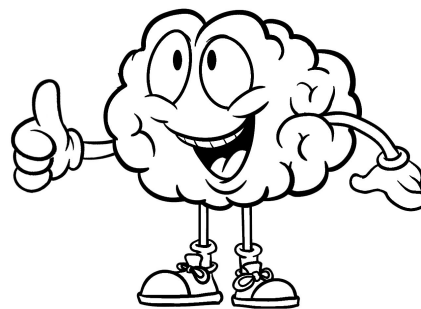
Read books to your child like *The Little Engine that Could*; *Amazing Grace*; *Leo the Late Bloomer*; *Everyone Can Learn to Ride a Bicycle*; and *What to Do with a Problem*.

TIP #4

Praise the effort of your child. Research has shown us that saying, "You are working really hard on that!" is more beneficial than telling a child, "You are so smart." Praising effort makes kids want to try-hard even if they are unsure of themselves.



Want to Learn More about Growth Mindset?



Watch

What?

A TED Talk by the pioneer of Growth Mindset, Carol Dweck, is 10 minutes and really interesting.

Where Can I Find It?

Search on www.TED.com: *Carol Dweck, The Power of Believing that You Can Improve.*

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve

What?

An eight-minute video that is a great overview explaining what Growth Mindset is and some of the research backing up the benefits.

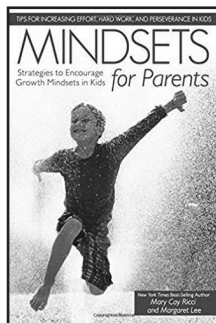
Where Can I Find It?

Search on www.YouTube.com: Growth Mindset Introduction: What It Is, How It Works, and Why It Matters.

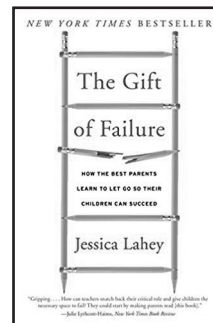
<https://www.youtube.com/watch?v=75GFzikhRYO>

Read

*Mindsets for Parents
Strategies to Encourage
Growth Mindsets in Kids*
by Mary Cay Ricci



The Gift of Failure
by Jessica Lahey



Article: *Developing A Growth Mindset – 5 Tips for Parents* (June 2015)

<https://www.oxfordlearning.com/growth-mindset-tips-for-parents/>



Growth Mindset Discussion Questions



1. What can you say to yourself if you don't understand something and you are feeling like you will never get it right?
2. Who is one person you notice is very hard working?
3. What is one skill you are interested in getting better at? How can you make sure you improve at that skill (give details about your plan)?

Staircase of Learning

Which step are
you on?

