

PARENT'S GUIDE TO A GROWTH MINDSET

*Your brain is like a muscle. When you learn, your brain grows.
The feeling of it being hard is the feeling of your brain growing!*

PRAISE



FOR

EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE
RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR

TALENT
BEING SMART
BORN GIFTED
FIXED ABILITIES
NOT MAKING MISTAKES

THE POWER OF

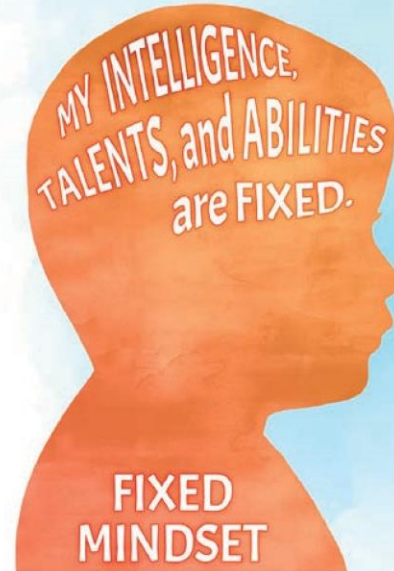
"YET"

SAY

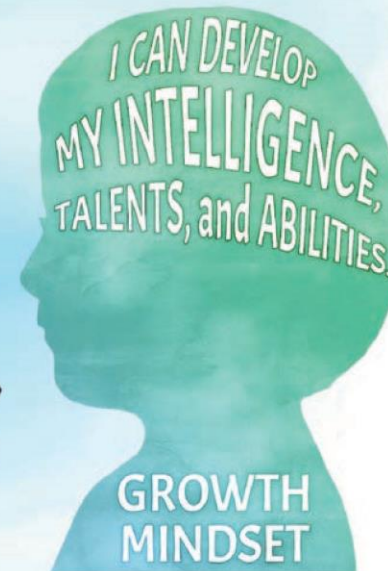
"YOU CAN'T DO IT **YET**."
"YOU DON'T KNOW IT **YET**."

"IF YOU LEARN AND
PRACTICE, YOU WILL!"

BRAINS can GROW



VS



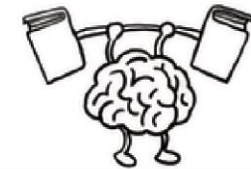
FAILURES AND MISTAKES = LEARNING

SAY

"MISTAKES HELP YOU IMPROVE."
"YOU CAN LEARN FROM YOUR MISTAKES."
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.



ASK

"WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"

"WHAT NEW STRATEGIES DID YOU TRY?"

"WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"

"WHAT DID YOU TRY THAT WAS HARD TODAY?"