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GROWTH mindset



36 8.5X 11 SCRIPT POSTERS!

growth mindset PARENT LETTER freebie

growth mindset

IS YOUR MINDSET FIXED?

A person with a fixed mindset may do these things:

- avoid challenges
- give up easily
- ignore feedback
- become threatened by people's success
- try hard to appear or to appear capable as possible

WHAT DOES A MINDSET DO?

A person with a growth mindset may do these things:

- embrace challenges
- give their best effort
- learn from criticism
- persevere in the face of setbacks

THE BRAIN CAN GROW!

Research shows that your child's brain is like a muscle. The more you use it, the stronger it gets. This means that your child's brain can grow and become stronger through challenges. Each time your child faces a challenge, their brain is making new connections. This helps them to learn and to grow.

HELP THEM CHANGE THEIR DIALOGUE

Encourage your child to talk to themselves in a positive way. Instead of saying "I'm not good at this," help them say "I'm not good at this yet, but I will keep trying." Give them the words to say when they are feeling discouraged or frustrated.

SARAH GARDNER

IN SPANISH, TOO!

mentadad de crecimiento

¿CÓMO ES TU MINDSET?

mentadad de crecimiento

mensajes de ayuda a su hijo

A PARENT'S GUIDE TO GROWTH MINDSET

What is Growth Mindset anyway?

A person has a growth mindset when they believe that their intelligence and basic abilities can be improved through hard work, dedication, and positivity.

Someone with a Growth Mindset might say:

- "How can I improve?"
- "I'm not sure I can do it, but I can learn with time and effort."
- "I need to take responsibility in order to learn."
- "Failures will help me learn."
- "I don't know how, but I will learn."
- "Challenges will help me grow!"

What does research say?

"When students believe they can get smarter, they understand that effort makes them stronger. Therefore they put in extra time and effort, and that leads to higher achievement."

~ Mindset Works (<https://www.mindsetworks.com/science/>)

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