



Growth Mindset

November 2018



We are developing our teaching and learning around growth mindsets to promote:

- A love for learning and self-improvement
- A desire to be challenged
- A willingness to work for positive results
- The ability to learn from mistakes and failures
- Emotional resilience
- A culture where effort is valued and praised

Introducing Growth Mindset



Fixed mindset

Intelligence is a fixed trait. You can't change it.

Growth mindset

You can grow your intelligence through effort.



Growth mindsets

Growth Mindset:
I like to try new things.



Fixed Mindset:
I won't try new and difficult things.



Growth Mindset:
I keep trying until I can!



Fixed Mindset:
I just give up easily.



Growth Mindset:
My work effort helps me learn.



Fixed Mindset:
It doesn't help to work hard.



Growth Mindset:
I can learn from mistakes.



Fixed Mindset:
If I don't try, I won't make a mistake.



Growth Mindset:
When other kids do well, I am inspired.



Fixed Mindset:
I am jealous when other kids do well.



Ruby reaches for a toy....

<https://www.youtube.com/watch?v=5Q2cL-WteZk>

“If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.”

Carol Dweck.



Messages children can hear which can hinder their learning and mindset....

“You learned that so quickly! You’re so clever!”

Child hears

If I don’t learn something quickly, I’m not clever

“You are brilliant! You did that without even trying!”

Child hears

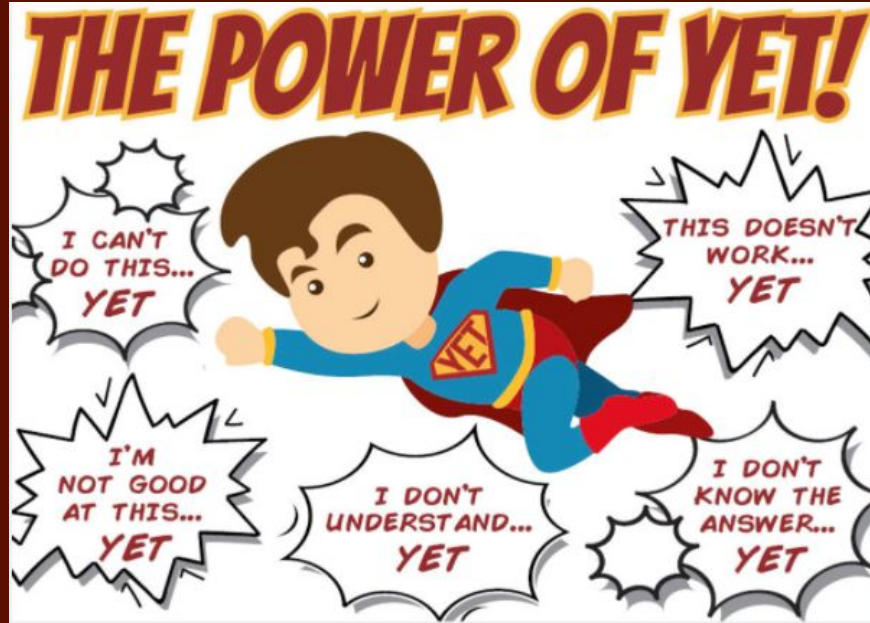
I’d better stop trying or they won’t think I’m brilliant.

“Look at that drawing! Is he the next Picasso or what?”

Child hears

I shouldn’t try drawing anything hard or they’ll see I’m not.

The power of yet



The importance of praise

https://www.youtube.com/watch?v=TTXrV0_3UjY

Focus on....

Effort and strategies used...

“I like how you tried a new way to solve that.”

Abilities improving over time with practice

“You’ve been practising and I can see it’s paying off.”

Mistakes and being challenged as a necessary part of learning

“I like the way you tried a different way to solve this, is there anything else we could try?”

“This hasn’t gone how we expected, but it’s a great opportunity to look at what we could learn from this.”

Promoting a growth mindset at home, through observations, asking questions or making comments

- Tell me about it.
- Show me more.
- How did you do that?
- How did you figure that out?
- How many ways did you try before it turned out the way you wanted?
- Are you pleased with it?
- What do you think will happen if....?
- You did it!
- You put your own shoes on.
- Your brother gave you a huge smile when you shared the bricks..
- You have added lots of detail to the faces.
- I noticed you are getting better at dribbling the ball. I remember when you couldn't do that yet.
- You worked out a way to share and play together.
- Can you tell me something new you've learned today?
- What did you practice today at football?
- What is the hardest thing you learnt today?
- What have you done today that really made you think?

Parents should not shield their children from challenges, mistakes, and struggles. Instead parents should teach children to love challenges. They can say things like, “This is hard. What fun!” or “This is too easy. It’s no fun.” They should teach their children to embrace mistakes.”Ooooh, here’s an interesting mistake. What should we do next?” And they should teach them to love effort: “That was a fantastic struggle. You really stuck to it and made great progress” or “This will take a lot of effort –boy will it be fun!”

Dr. Carol Dweck

Resources to promote growth mindset....

The power of yet song.... <https://www.youtube.com/watch?v=XLeUvZvuvAs>

