



Growth Mindset

Hello TES families!

I can hardly believe we are already more than halfway through the school year! Although life is not yet back to "normal", I think we can all see that there is a light at the end of the tunnel!

And as we continue to navigate through the ever-changing challenges that life brings throws our way, your students have continued to show us the true definition of resilience and perseverance and the ability to have a growth mindset💕

What is a growth mindset and why is it important?

"Developing the right mindset early on is crucial for a successful, happy life. When kids learn putting forth effort and using the right strategies can help them get better at things, they feel empowered, and try harder. When they know their brains are capable of growing, they are more confident, resilient, and are not afraid to fail!" (Big Life Journal)

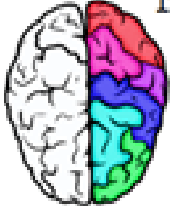
Having a growth mindset is important because it can help you overcome obstacles you may face when learning something new or developing a new skill. Growth mindsets understand the importance of persistence and determination. By changing the way you think, you can change the way you learn.

The difference between a growth mindset and a fixed mindset-

People who have a "fixed mindset" believe that intelligence and other abilities are "fixed" and cannot change. People who have "growth mindsets" believe that intelligence and abilities can be developed through hard work and dedication. Having a "growth mindset" means you understand that you can improve or learn more, as long as you put in the effort.

How can we help our students have a growth mindset?

- Change your mindset with your words-For example, instead of saying "I am afraid I will make a mistake" you can say "When I make a mistake, I will learn from it and get better"

changing My words...		changes My Mindset!
	FIXED MINDSET	Growth Mindset
	Instead of saying....	Say...
	I give up!	I'll use strategies I've learned.
	I can't do this!	I am going to train my brain to do this.
	This is too hard!	This may take some time and effort.
	I'll never be as smart as _____!	I'm going to figure out what _____ does and try it.
	I made a mistake! ☹	This mistake will help me improve. 😊
I am not good at this!	What am I missing?	

- **Learn the power of "YET".** With one simple word, any fixed mindset phrase can be transformed into a statement of hope. "I can't do this...yet." It's all about the FUTURE, and not giving up until we get there (Big Life Journal).
- **Model it!** Share a situation when something has been difficult for you and discuss your "fixed mindset" thoughts. Have them help you come up with solutions.
- **Set goals with your child.**
- **Praise for perseverance!** When you notice your child working hard and not giving up, praise them on their efforts.

Here are some children's books for encouraging a growth mindset in young children:

[Fantastic Elastic Brain-By JoAnn Deak](#)

[I Can't Do That, Yet-By Esther Cordova](#)

[I Can Handle It-By Laurie Wright](#)

Web Resource-[Big Life Journal](#)

Mrs.Clark-School Counselor 