

A few tips for cultivating growth mindset at home

1. **Help children reconnect with a time when they learned something new that was a challenge**

Getting good—we all go through the process of making a lot of mistakes, practising, then getting better

2. **Help children get curious about mistakes**

Help them reframe a mistake as new information or as a step in the process of learning. Help them to self-correct.

3. **Help children learn to hear their own fixed mindset ‘voice’**

Ie That guy is brilliant; he never tries and he gets it. I got it wrong again—I’ll never get this.”

4. **Help children talk back to negative self-talk with a growth mindset voice (ie give them language)**

I get better and better with practice. It is hard, but will get easier.

5. **Model growth mindset at the table**

What do they want to learn, practise, get better at today/this week?

Tell them about a time when you didn’t know the answer. How did you earn the answer?

6. **Avoid labels and give growth mindset praise**

eg. “I”m a terrible cook...I was never good at maths.”

Praise and value effort, practise, self-correction and persistence.

Don’t shelter your child from a failed task. Ask “What can you learn from this experience? What could you try differently next time?”

7. **Get curious about your child’s work through questioning**

How did you figure that out? What’s another way you could have done that? How many times did you try before it turned out that way? What was challenging? What do you plan to do next time?



Rackham C of E Primary School

Growth Mindset

Mindset is a simple idea that makes all the difference.

In a **fixed mindset**, people believe their basic qualities, like their intelligence or talent are

simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort. They’re wrong.

A fixed mindset can result in:

- A false sense of superiority, undermined by a deep sense of self-doubt
- A fear of failure; refusal to take risks
- A feeling that failure permanently defines you as a loser
- The belief that only untalented, ungifted people have to work for success; effort somehow reduces you
- A desire to blame others or outside circumstances when things don’t go your way
- Being motivated by reward and praise from others

In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.

A growth mindset can result in:

- ⇒ A love of learning and self-improvement
- ⇒ A desire to be challenged
- ⇒ A willingness to work for positive results
- ⇒ A belief that you can control the outcomes in your life with effort & practice
- ⇒ The ability to learn from mistakes and failures
- ⇒ Emotional resilience
- ⇒ Being self-motivated

How can we help our children develop a growth mindset?

Key points for parents/carers

- ◇ Praise carefully—not for intelligence but for effort
- ◇ **Encourage deliberate practice and targeted effort**
- ◇ Encourage high challenge tasks to grow brain cells
- ◇ **Discuss errors and mistakes and help your children to see them as opportunities to learn and improve**
- ◇ Encourage family discussions about mindset and which mindset they (and you) are choosing to use
- ◇ **Teacher children to talk back to their fixed mindset internal voice with a growth mindset internal voice**
- ◇ Start now by redefining the meaning of a few ordinary words...

Intelligence Praise

You're so clever at....

You're so intelligent at....

You're lucky you're gifted at..
and its easy for you to...

Don't worry if you didn't get a
great result, did you get a better
score than x child?

Ah...you made a mistake—how
many times have we told you to
get it right first time?

Effort Praise

I've noticed the effort you're
putting into..

All of your hard work and practice
is resulting in progress in...

I'm proud of how committed you
have been to learning...

How do you feel about not getting
the result you wanted first time?

Are you clear on what you need to
do to improve your learning next
time?

You made a mistake—that's ok,
we all make mistakes when we're
learning something new. What
can you learn from it to improve
next time?

Effort

Encourage practice. Regularly recognise this effort with effort praise.

- ◆ **See the Effort language on our website**

Difficulty/Challenge

Difficult and challenging tasks give the opportunity for growth. Create excitement with your children as they take on a new challenge and push outside of their comfort zone. Recognise each achievement and point out to them how much they're learning.

Mistakes

Mistakes are a great opportunity to get feedback to learn and to grow. Help your children to see that mistakes are feedback (not failure). They provide a great opportunity and motivation for growth. Recognise that when working outside of their comfort zone, they are likely to make mistakes that they can learn from.

Yet

A small and empowering word...**YET**...shifts thinking from a fixed to a growth state instantly. Use it in conversation with your children. When you hear... "I can't do it"... rephrase and add "Yet". "You can't do it yet. Is there anything I can do to help you?" Or "I'm rubbish at this" ... rephrase and add "Yet"... "You haven't found the best way to learn it yet. What could you do next?"

FAIL = First Attempt In Learning

At Rackham we recognise children who are developing motivation, resilience and independence through weekly celebration assemblies and leaf awards for the following:

- * **Taking on Challenges**
- * **Learning from Mistakes**
- * **Accepting Feedback—including criticism**
- * **Practice and Applying Strategies**
- * **Perseverance**
- * **Asking Questions**
- * **Taking Risks**