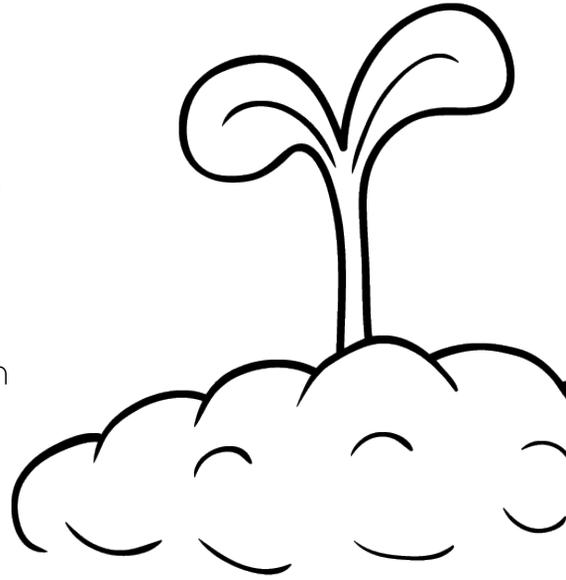


growth mindset

what is it?

We used to think that our intelligence was fixed – meaning we were either smart or we weren't. Scientists have proven again and again that simply is not true. Our brain acts like a muscle – the more we use it, the stronger (and smarter) our brain becomes.



IS YOUR MINDSET FIXED?

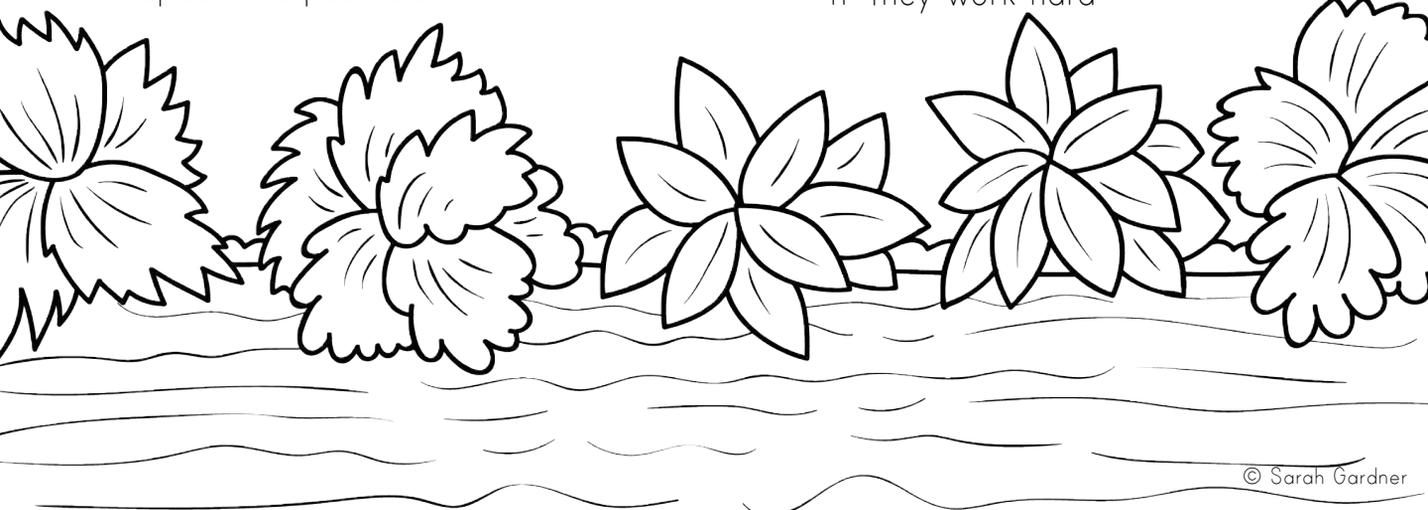
A person with a fixed mindset may do these things:

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

WHAT DOES A GROWTH MINDSET LOOK LIKE?

A person with a growth mindset may do these things:

- embrace challenges
- give their best effort
- learn from feedback
- become inspired by other people's successes
- believe their intelligence can change if they work hard



growth mindset

ways to help your child

TALK ABOUT IT

Talk with your child about their day, but guide the discussion by asking questions like:

- Did you make a mistake today? What did you learn?
- What did you do that was difficult today?

ENCOURAGE FAILURE (say what?!)

Your child needs to know that failure can (and often does) happen and **it is okay!** Remind them that each time they fail and try again, their brain is growing stronger! Don't step in to prevent your child's failure – this is how they learn to persevere in the face of challenges.

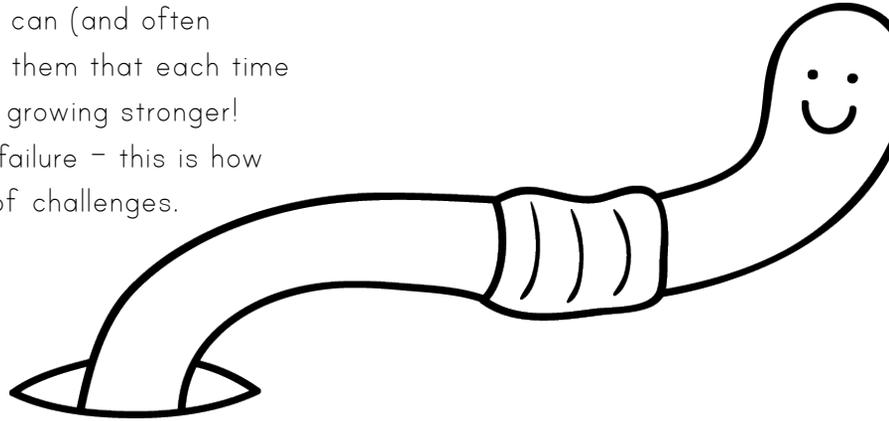


PRAISE THE PROCESS

Instead of saying, "You're so smart!" praise effort, goal setting, persisting through challenges, or being creative.

You can say something like:

- "Wow! You must have worked really hard on this!"



THE BRAIN CAN GROW!

Remind your child that **their intelligence is not fixed.** Remind them that when things are difficult, their brain grows if they persist through the challenge. Each time they learn something new, their brain is making new connections. Your child needs to know this is possible!

HELP THEM CHANGE THEIR DIALOGUE

Your child's self-talk, or internal monologue, makes a huge impact on their mindset. If they say, "This is too hard!" help them change that to "I can't do this yet, but I will keep trying." Give them the words to say when they are feeling defeated by modeling it yourself!