PARENT'S GUIDE TO A GROWTH MINDSET

PRAISE

FOR:
EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE
RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR:
BEING SMART
BORN GIFTED
TALENT
FIXED ABILITIES
NOT MAKING MISTAKES

SAY:

"YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"
"WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."

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GROWTH MINDSET

YOU CAN

GROW YOUR

INTELLIGENCE

FAILURES AND MISTAKES = LEARNING SAY:

"YOU CAN LEARN FROM YOUR MISTAKES."
"MISTAKES HELP YOU IMPROVE."
"LET'S SEE WHAT OTHER STRATEGIES
YOU CAN TRY."

FIXED MINDSET

S YOU CAN'T
IMPROVE
NATURAL ABILITIES
YOU WERE
BORN WITH

ASK

"WHAT DID YOU DO TODAY
THAT MADE YOU THINK HARD?"
"WHAT NEW STRATEGIES DID
YOU TRY?"
"WHAT MISTAKE DID YOU MAKE
THAT TAUGHT YOU
SOMETHING?"
"WHAT DID YOU TRY HARD AT
TODAY?"



BRAIN CAN GROW

SAY:

"YOUR BRAIN IS LIKE A MUSCLE.
WHEN YOU LEARN, YOUR BRAIN
GROWS. THE FEELING OF THIS
BEING HARD IS THE
FEELING OF YOUR BRAIN

GROWING!"

THE POWER OF "NOT YET"

SAY:

"YOU CAN'T DO IT YET".

"YOU DON'T KNOW IT YET."

"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"

RECOGNIZE YOUR OWN MINDSET
BE MINDFUL OF YOUR OWN THINKING AND

OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.

BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"