

Useful Resources:

The Big Life Journal

Regular blog posts offering support and strategies for parents/carers. Podcasts for children and young people.

Freebie Friday – free printable resources each Friday.

<https://biglifejournal-uk.co.uk/>

Class DoJo – Growth Mindset

A selection of short videos that can help children and young people to understand growth mindset.

<https://ideas.classdojo.com/>

Carol Dweck – Ted Talks

This Ted Talk provides a great introduction to Carol Dweck and her growth mindset theory.

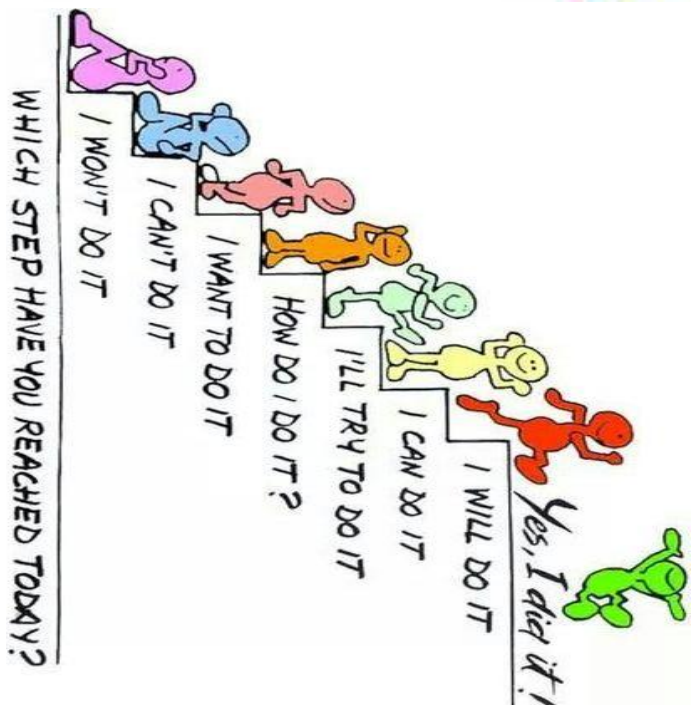
<https://www.youtube.com/watch?v=X0mgOOSpLU>

MindsetKit

A short and free online course for parents. Around 30 minutes to complete.

<https://www.mindsetkit.org/growth-mindset-parents>

DEVELOPING A GROWTH MINDSET	
INSTEAD OF	TRY THINKING.....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them



What is Growth Mindset?

Support and Information for
Parents and Carers



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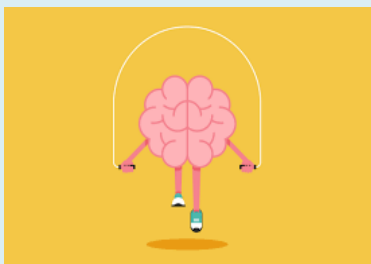
East Ayrshire Support Team

What is a Growth Mindset?

A Growth Mindset is based upon research conducted by Dr. Carol Dweck of Stanford University. Her research points to people having one of two mindsets: Growth and Fixed.

Those with a Fixed Mindset believe that intelligence is a fixed trait and that you cannot change it. A Growth Mindset focusses on the belief that you can develop your intelligence through effort and persistence.

Our brain is a muscle and as we learn and challenge ourselves new pathways are formed helping us to improve in different aspects of life (e.g. riding a bike, learning to walk etc.) By encouraging a growth mindset when facing challenges or setbacks we are supporting our children and young people to look beyond any barriers and grow their own abilities.



How can I help?

Modelling and Coaching

Children observe and imitate those around them. In order to encourage a growth mindset it is important to model one ourselves. Talk about and share with your child or young person challenges you are facing or mistakes you have made.

Model the mistake and coach them through:

- What are you learning from these challenges and mistakes?
- How have you worked to overcome them and what is your progress?

Mistake Safe Environment

Promoting an environment and atmosphere centred on safety and trust will allow children and young people to feel more confident when facing challenges or setbacks. It is important to foster a 'mistake safe' environment that encourages healthy and safe risk taking and challenges. E.g. monkey bars, climbing etc.

A child or young person is more likely to have a go at challenges if they are in an environment which fosters the fact that it is okay to make mistakes and that we learn from them.

Communication and Feedback



'You're so great at that!'

We all want to encourage our children and young people (it is only natural!) however using statements like the above can suggest that what they have achieved is through natural or fixed talent.

How can we make feedback more specific and encourage a growth mindset?

- What has the child or young person done to achieve what they have?
- How did they get 'great'?
- How can they stay 'great'?
- How can they be 'great' in the future?