

Developing a Growth Mindset



Mindset

A mental attitude that determines how you will interpret and respond to situations.

Today we are going to think about mindset.

Your mindset is all about your attitude.

It is about how you think and feel, rather than what you can or cannot do.



Babies are always trying new things. They have to learn to do everything!



But as we get older, we find it hard to stay positive about trying new things.
It can make us sad if we make mistakes.



People used to believe that...

No matter how much you learn or how hard you work, your intelligence stays the same!

Scientists believed that you could not change how clever you are, or what you can achieve.

It was thought that you could not change this, no matter what your attitude was.



Now we believe that...

Mindset matters!

In 2008, scientists found that geniuses are more likely to have a positive attitude. Geniuses are not born brilliant – they are really good at keeping trying when things are tricky, and trying new things to make their work better.



In other words...

It's not what you are born with that matters; it's your mindset that matters!

You can be as brilliant as anybody else - you just need the right attitude.
You can be a genius, if you believe you can!



We want to be...

motivated

persistent

passionate

dedicated

enthusiastic

keen

flexible

hard-working

resilient

positive

Can you explain any of these words?
Can you think of your own words to add?

We want to...

keep trying

take pride in our work

tackle new challenges

ask for help if we need
it

believe in ourselves

remember that
mistakes are OK

bounce back if we find
something tricky

be positive about our
friends' achievements
too

Can you think of anything else we could do to develop our growth mindset?
Are there any things here that you find tricky to do?

Change Your Mindset

'I can't do it.'

What could he say instead?

- 'This is tricky - that means I must be learning!'
- 'If I make a mistake, I can try again.'
- 'I could ask Mr. Burton to explain it to me so that I can do it.'

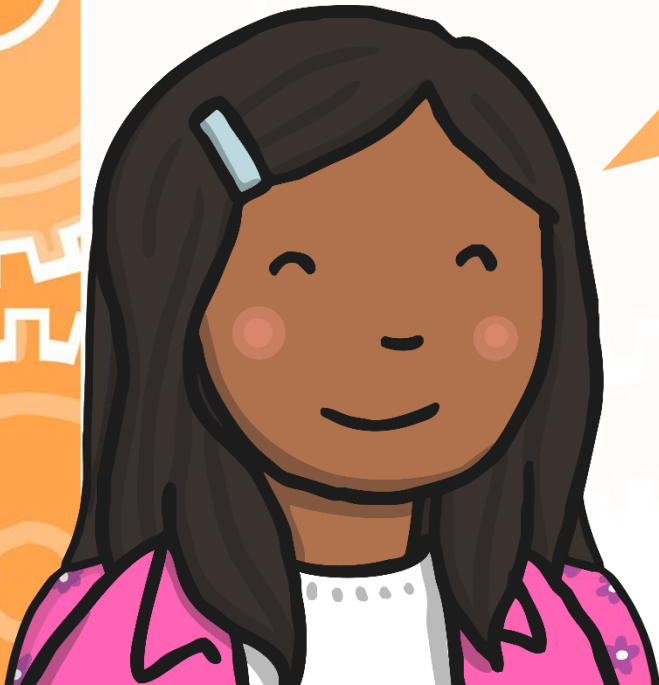


Change Your Mindset

I'll never be able to do this.

What could she say instead?

- 'If I keep trying, I will get better at this.'
- 'I will be happy when I learn to do this.'
- 'Even if I make a little improvement, that is a big achievement for me.'



Change Your Mindset

My friend is a million times better at this than me.

What could he say instead?

- 'My friend is really good at this. I wonder if they could show me how to do it.'
- 'Everybody is good at different things.'



Change Your Mindset

'I can do it!'

'I can get better.'

'I can keep trying.'

'It is OK to make mistakes.'

'I can try again.'

'I am happy for my friends when they do well.'

'Trying hard makes me feel proud.'

'I can be a genius!'

