

Team Torryburn Top Tips!

- Praise carefully - not for intelligence but for effort
- Encourage deliberate practice and targeted effort^[L]_[SEP]
- Encourage high challenge tasks to grow those brain cells!^[L]_[SEP]
- Discuss errors and mistakes and help your children to see them as opportunities to learn and improve^[L]_[SEP]
- Encourage family discussions about mindset and which mindset they (and you?) are choosing to use^[L]_[SEP]
- Teach children to talk back to their 'fixed mindset' internal voice with a 'growth mindset' internal voice

Where can I find out more?

'Fostering Growth Mindsets' - 4 min clip on YouTube from the Greater Good Science Center

'Power of Yet' - 1 min clip on YouTube from Carol Dweck

'A Study on Praise and Mindsets' - 5 min clip on YouTube from Carol Dweck

'How Children Learn From Failure'



How can we help our children develop a growth mindset?

Growth mindset thinking can result in:

- A love for 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 and practice
- The ability to learn from mistakes and failure
- A desire to use good strategies
- Emotional resilience
- Being self-motivated

Effort is... the secret to getting smarter. The more targeted effort you put in, the more you'll get out. You can help your children to focus their effort and attention on practise. Regularly recognise this effort with effort praise.

Difficulty... 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...^[SEP]"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 **A**ttempt **I**n **L**earning

Using growth mindset praise and feedback

Praise motivation
Praise effort
Praise perseverance
Praise strategies



"Well done - you're learning to"

"Good - it's making you think - that's how your brain is growing!"

"Every time you practice, you're making the connections in your brain stronger."

"Be brave. Have another go. Maybe this time you could..... "

"You've worked hard on this and you've succeeded because of.....x,y,z "

"That picture has so many beautiful colours. Tell me about them."

"You can use this mistake. Think about why it didn't work and learn from it. "