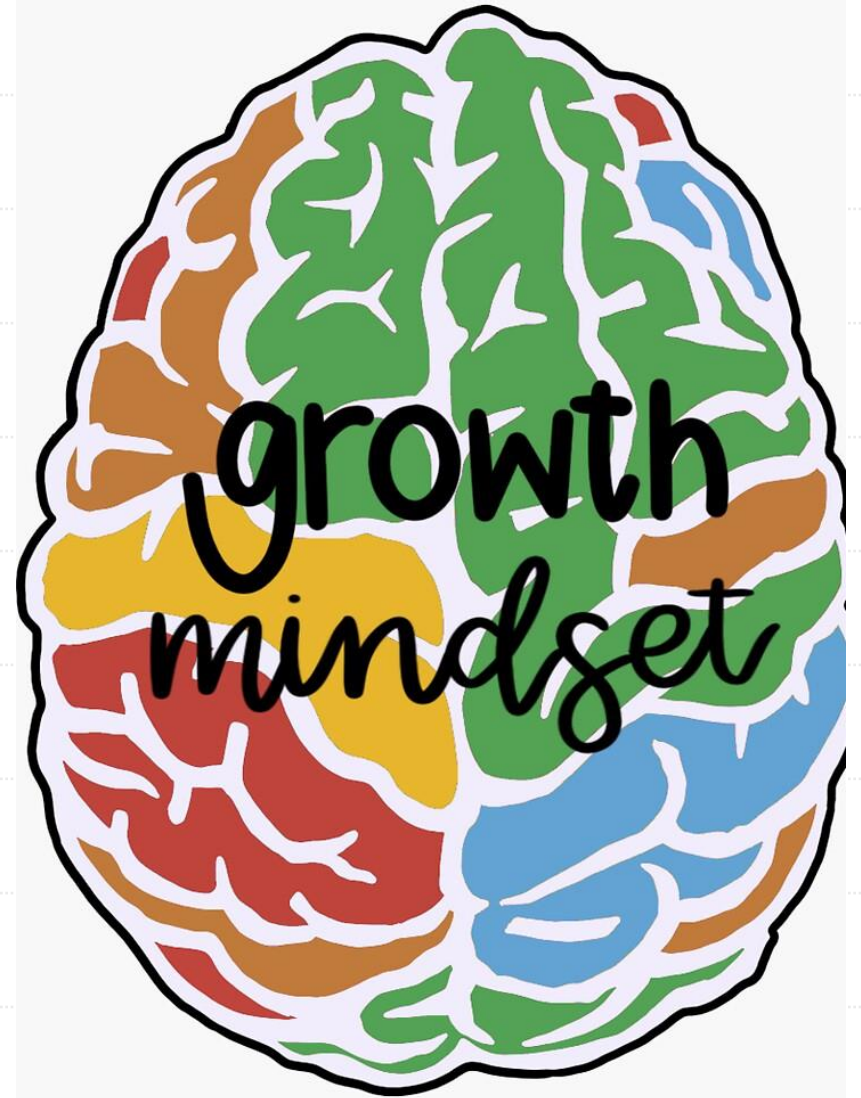


Growth Mindset





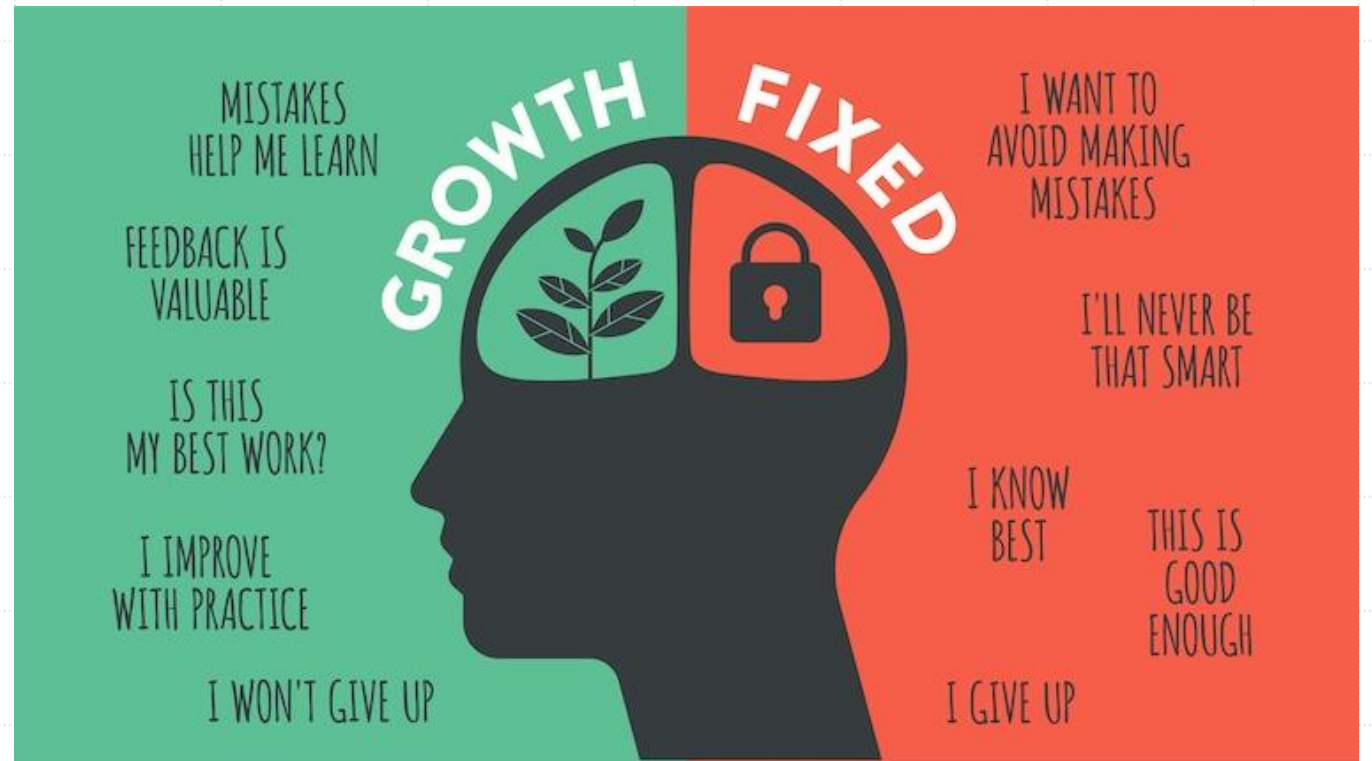
Growth mindset

- Having a mindset where you believe your abilities can be grown through effort, learning and persistence.
- Helps children to handle setbacks and know that hard work and effort helps them learn.

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- <https://www.youtube.com/watch?v=2zrtHt3bBmQ>

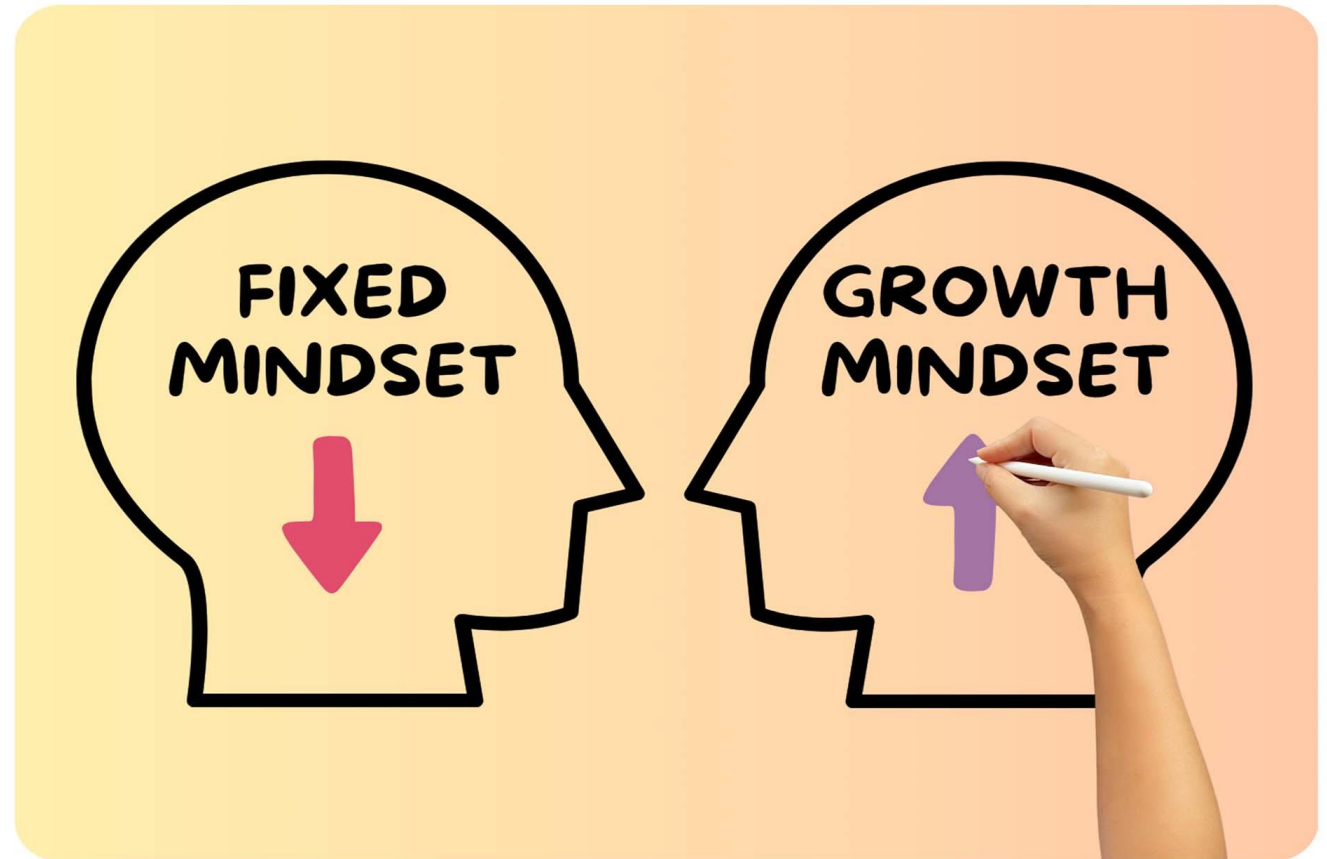
Fixed Mindset

- Continual focus on ability rather than achievement and effort.
- Avoid challenges for fear of failure.



How is this done in school?

- Series of lessons at stages throughout the school.
- Children continually encouraged to demonstrate this growth mindset.



Use of language

Not everybody is good at maths – When you learn how to do a new kind of problem, it grows your maths brain.

Maybe maths isn't one of my strengths – If you catch yourself saying, "I'm no good at maths", just add the word 'yet' to the end of the sentence.



Benefits of having a growth mindset

- Using mistakes and failure as a learning opportunity.
- Improve your resilience.
- Develop children's love of learning.
- Improves levels of effort.
- Generate stronger social skills.



Primary 1

- Identify different ways a person can learn to do something tricky.



Primary 2

- Identifying characteristics of growth and fixed mindsets.
- Ideas for how to develop a growth mindset.



LEARNER

Primary 3

- Identify strategies that would help someone who had a fixed mindset.
- Looking at different scenarios where a learner has a fixed mindset. Talk about what we could do to help them change that to a growth mindset.
- Describing how we feel when we make a mistake.

Primary 4

- To identify how we feel when we fail.
- Identifying what happens to the brain when we are learning something.



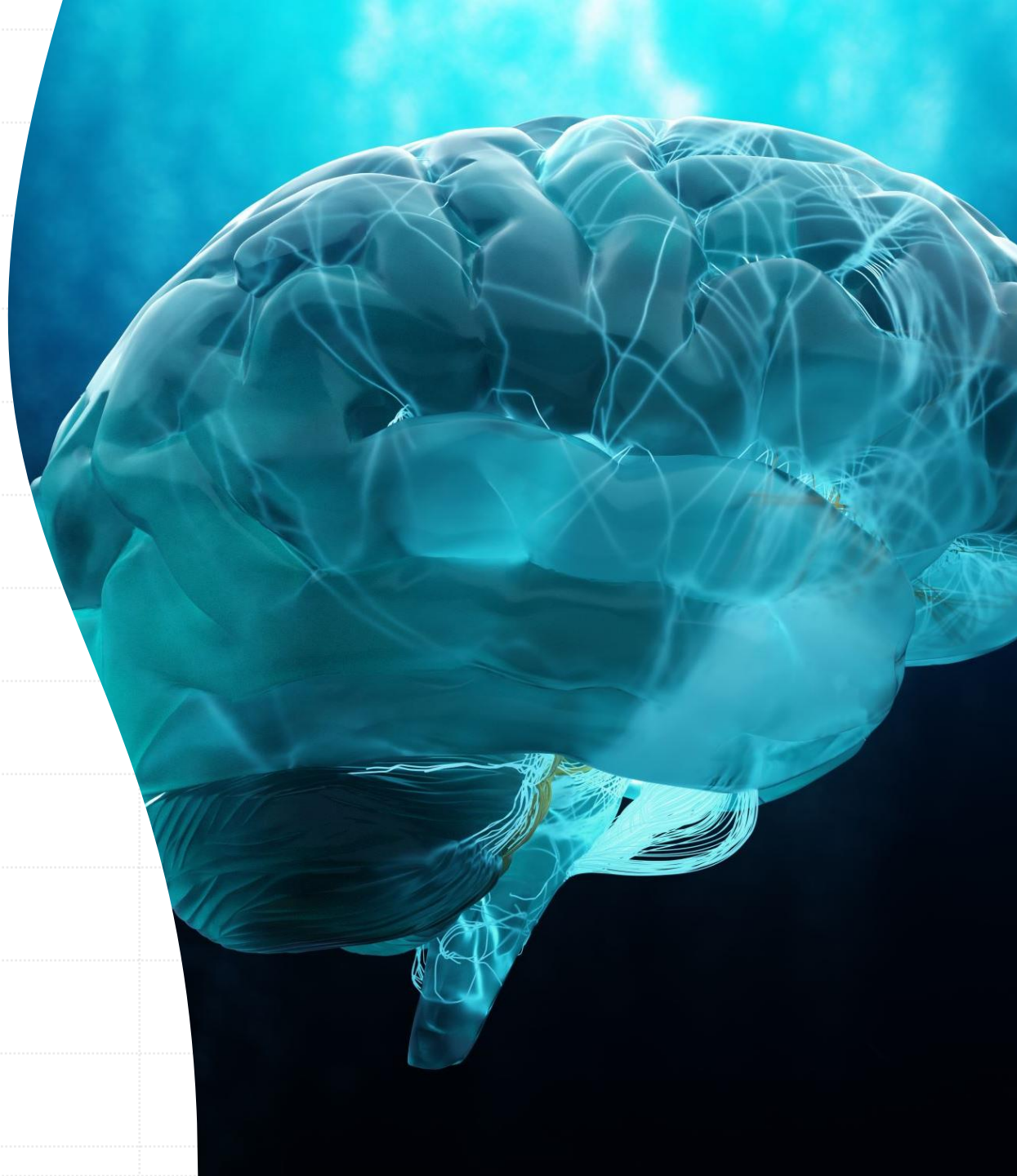
Primary 5

- Discussing the value of failure in the learning process.
- Identifying words and phrases that can restrict us as learners.
- Discussion around famous authors and athletes – what failures did they have to face in their career?



Primary 6

- Reflect on when they use different mindsets and the impact this has on their learning.
- Look at how the brain works.






Primary 7

- Discussing the effects that different types of feedback can have.
- Creating effective phrases for learning feedback.
- Barriers to learning and how to overcome these.



Bounceback

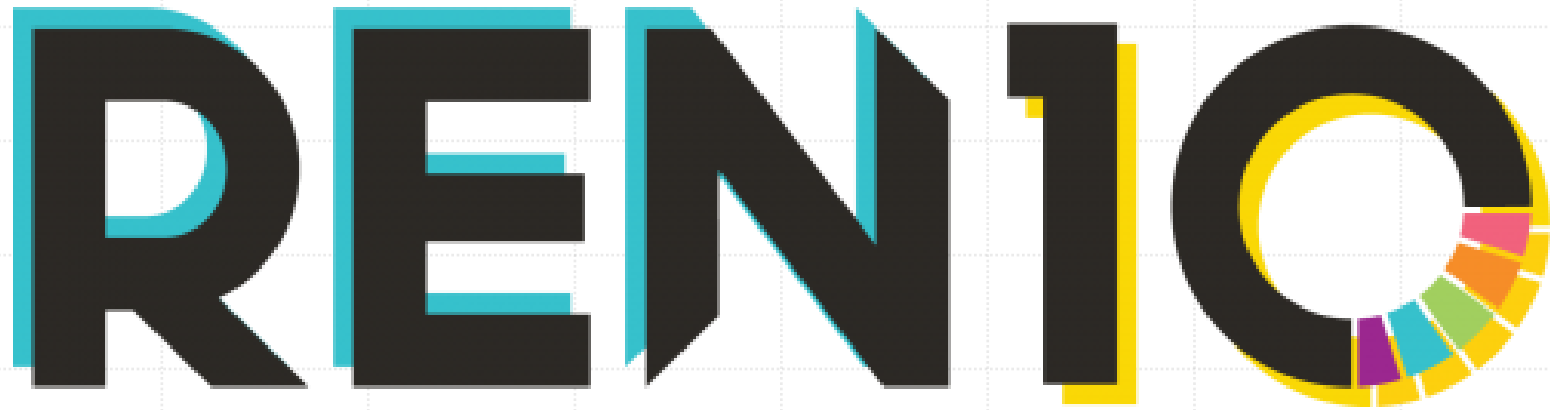
- Used to teach about wellbeing and building resilience towards everyday events.

B	Bad times don't last. Things always get better. Stay optimistic.	B	Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?
O	Other people can help if you talk to them. Get a reality check.	A	Accept what can't be changed (but try to change what you can first).
U	Unhelpful thinking makes you feel more upset. Think again.	C	Catastrophising exaggerates your worries. Don't believe the worst possible picture.
N	Nobody is perfect – not you and not others.	K	Keep things in perspective. It's only part of your life.
C	Concentrate on the positives (no matter how small) and use laughter.		
E	Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.		



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- <https://www.ren10.co.uk/>



Any questions?



Activity

Sorting between fixed mindset
and growth mindset phrases.



- 
- <https://www.youtube.com/watch?v=M1CHPnZfFmU>