

Help them change the way they talk about challenge

Stuck? Good!

The way your child talks about challenge can make a huge difference to their mindset. **Try adding 'YET' to the classic lines:**

I don't get it...

I can't do it...

I'm no good at_____ ...

Give them the words to say when they are feeling defeated and model how you would approach the challenge.

Talk about how the brain grows, making new connections and strengthening those connections.

Learning *how* to learn is more important than what you learn. We celebrate the values below as being crucial to developing as a successful learner.

Rainow Learning Values

Be Curious and Inquisitive

Be Reflective

Be a Cooperative Team Player

Be Determined and Resilient

Be Resourceful and Independent

Be Ready and Willing



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Caring, Learning, Achieving



Growth Mindsets

An introduction and
ways to help your child



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Growth Mindset

What is it?

In a nut shell, it is the belief that intelligence is not fixed and that it can be improved. The belief that you are simply born intelligent or naturally talented is called a Fixed Mindset.

We all lie somewhere along the mindset continuum.

A person with a **Fixed Mindset** may display these characteristics:

- avoids challenge
- gives up easily
- ignores feedback
- feels threatened by others' success
- tries hard to appear as smart as possible

A person with a **Growth Mindset** is likely to do these things:

- embrace challenge
- give their best effort
- Learn from feedback
- be inspired by others' achievements
- believes that they can change and improve with hard work, perseverance and effort



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How You Can Help

Praise the Process

Try to avoid phrases like:

Bright boy
Clever Girl
You're a natural
What a great reader
You are the best
Genius!

Instead try:

Bright idea
Clever suggestion
Great skill
What great reading
You are making wonderful progress
Brilliant ideas!

Celebrate Mistake Making/Encourage Failure!

Success and achievement is built on necessary failure and mistake making. Encourage your child to keep going and learn from their mistakes. Help them to **be reflective** and suggest how they might try something differently next time in order to improve. Avoid the temptation to step in and prevent their failure—this is how they will build their powers of **resilience** and **perseverance**.

The Brain Can Grow

Remind your child that when things are difficult the brain can be strengthened if they persist through the challenge. Each time they learn something new, their brain is making new connections.