



HOOK JUNIOR
SCHOOL

Growth Mindset

Objectives

- Understand the term growth mindset.
- Identify the traits of fixed and growth mindsets.
- Understand the importance of language when developing a growth mindset.
- How you can help your child at home

Mindset: what does it mean?

- When you hear the word mindset what comes to mind?
- How important is our mindset?

"mindset" {*noun*}

a set of beliefs or a way of thinking that determines one's behavior, outlook and mental attitude.



Growth Mindset

- People with a growth mindset believe talent and ability are not fixed.
- The harder you work, the more accomplished you become.
- The harder the problem, the more effort is required.
- More likely to take risks as learners and try something new.
- People with a growth mindset recover more quickly from setbacks and perform better under difficult circumstances.

Carol Dweck 's research shows that there are two mindsets: the **fixed mindset** and the **growth mindset**.

People with a fixed mindset think talent and ability are fixed by genes or something else that can't be changed. It doesn't matter how much effort you put in: you can either do it or you can't.

People with a fixed mindset recover more slowly from setbacks and are more likely to give up when the going gets tough. They take fewer risks because they don't want to look like failures. They have a tendency to make excuses.





You can learn anything clip: <https://www.youtube.com/watch?v=JC82II2cjgA>

Activity 1

Imagine these are friends in your class, are they a fixed or a growth mindset?

- They see mistakes as failures, as proof that the task is too hard for them.
- They give up when they're told how they could make their work better.
- They share their work with the class even if they may have got some bits wrong.
- They see mistakes in their work as an opportunity to learn.
- If something is too hard they turn in blank work or copied work.
- They ask really good questions about the work and keep the teacher on their toes!
- They enjoy practicing as it is a way to improve. They like planning their work and getting feedback before they start.
- They are only happy if they win. For them it is all about the result.
- They are happy even if they lose as they have learned or experienced something new.

Activity 2

In pairs choose one of the scenarios below. Discuss how you would respond to make sure your friend succeeded?

1: Your friend realises their work isn't quite right. They scribble all over their work and close their book.

2: Someone in the playground says to your friend "You're rubbish at basketball".

3: Someone in the class says they have finished their work. Your friend gives up because they are only on number 4.

4: A friend tells you "I can't do literacy because I'm stupid".

What would you say?

Activity 3

Think of one thing *you can do now* that you couldn't always do (e.g. riding a bike)

When did you learn to do it?

How did you learn to do it?

How did your brain learn to do this?

*What **actually** happened in your head?*

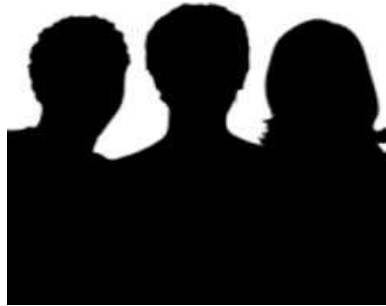
Language is Key...

"I can't do Maths!"

"I can't be bothered!!!!"

"I'm Thick"

"Music is not really my thing..."



Mum was bad at PE, so I am too."
"I'm never going to understand this..."

This can lead to...

Fear

FAILURE

Scared!

"I'm Stupid..."

"I don't care!"

"I don't get it!"

"I'm terrible at Science!"

Beware! Fixed mindset thinking!

Uncomfortable

A fixed mindset response to:

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

Change Your Mindset



Instead of saying...

I'll never do it,
it's too hard.

Instead of saying...

This will
do,

Instead of saying...

I'm rubbish
at this.

Instead of saying...

I just can't
do this.

Try thinking...

This may take
some time and
effort. ☆ ☆

Try thinking...

Is this my
best work? ☆ ☆

Try thinking...

What can I
do to
improve? ☆ ☆

Try thinking...

I am going to
try a different
strategy. ☆ ☆

Phrases That Encourage a Growth Mindset:

1. Wow! 😊
2. Look at that!
3. Tell me about it.
4. Show me more.
5. How did you do that?
6. Let's see what you did.
7. How do you feel about it?
8. How did you figure that out?
9. I see that you _____
(be specific)
10. That looks like it took a lot of effort.
11. How many ways did you try it before it turned out the way you wanted it?
12. What do you plan to do next?
13. That looks like it took so much work.
14. Are you pleased with what you did?
15. What questions did you ask?



Fixed Mindset Labels:

You're smart
Cute
Great
Fast
Best
Pretty
Good
You are quick
Very clever
You're beautiful
Lovely
You are so intelligent
Right
Amazing
You are the best
You are better than _____
(another person)



Grow Your Children's Mindset by asking/saying:

What did you struggle with today?

This is hard, this is fun, what should we do next?

You can grow your intelligence.

You can learn. You can stretch. You can keep mastering new things.

I don't think there's anything better in the world than a child hearing from a parent or teacher the words, 'Keep trying and you'll get there'.

Great learning takes place when you get into the learning pit!

Learning is not meant to be easy!

Putting a huge amount of effort in will lead to success.

Are you a yeti? Someone not quite there yet but on the road to discovery and success!"

Do you label your kids? This one is the artist and that one is the scientist. Next time, remember that you're not helping them—even though you may be praising them.

How can you support at home?

1. Praise effort and verbally praise kids for skills that don't sound predetermined: hard work, persistence, rising to a challenge, learning from a mistake, etc., rather than being “smart”, “brilliant” or “gifted”.

2. Be a growth mindset role model. Be honest: how often do you say “I can't (cook/sing/balance my bank account)” or “I'm terrible at (sports/spelling/public speaking)” as if there's no hope for you? Make sure you're sending the right message – maybe even take on something new!

3. Encourage your child to forget taking the easy route (where little learning is done) and instead embrace challenges.

4. Remember growth mindset isn't just academic; it applies to many areas of life (athletic, musical, social).

5. Discourage envy of peers, and talk to your child about what he or she can learn from others who appear more successful. While skills may come more easily to some, most often there's a (possibly unseen) element of practice, persistence, and hard work which leads to achievement.

Parents and Growth Mindset: <https://www.mindsetkit.org/growth-mindset-parents/how-parents-can-instill-growth-mindset/3-ways-parents-can-instill-growth-mindset>