

PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

*Your brain is like a muscle. When you learn, your brain grows.
The feeling of it being hard is the feeling of your brain growing!*

PRAISE



FOR:

EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE
RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR

TALENT
BEING SMART
BORN GIFTED
FIXED ABILITIES
NOT MAKING MISTAKES

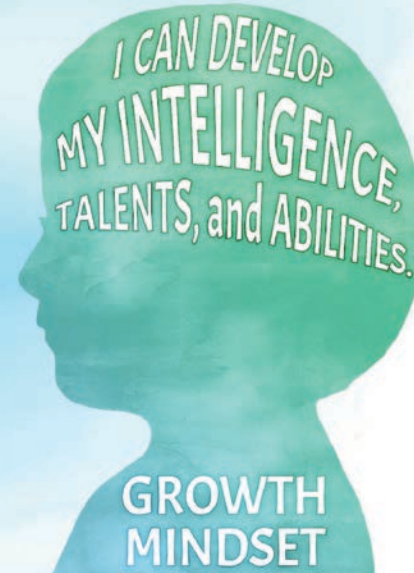
THE POWER OF "YET" SAY

"YOU CAN'T DO IT **YET**."
"YOU DON'T KNOW IT **YET**."
"IF YOU LEARN AND
PRACTICE, YOU WILL!"

BRAINS can GROW



VS



FAILURES AND MISTAKES = LEARNING

SAY

"MISTAKES HELP YOU IMPROVE."
"YOU CAN LEARN FROM YOUR MISTAKES."
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR
OWN THINKING AND THE
MESSAGES YOU SEND
WITH YOUR WORDS AND
ACTIONS.



ASK

"WHAT DID YOU DO
TODAY THAT MADE YOU
THINK HARD?"
"WHAT NEW STRATEGIES
DID YOU TRY?"
"WHAT MISTAKE DID YOU
MAKE THAT TAUGHT YOU
SOMETHING?"
"WHAT DID YOU TRY
THAT WAS HARD
TODAY?"