

FOSTERING A GROWTH MINDSET

Change your Mindset with words!

When kids have a Growth Mindset, they believe their abilities can improve with practice and effort. This fosters a love of learning and a willingness to take risks and make mistakes which encourages curiosity, resilience, and patience. How we talk to kids – and how they talk to themselves – makes all the difference.

FOR KIDS:

Instead of:	Try this:
<p><i>I can't do this.</i></p> <p><i>I'm not smart.</i></p> <p><i>This is too hard.</i></p> <p><i>I made a mistake. I quit.</i></p> <p><i>I'm not good at this.</i></p> <p><i>I'm so amazing at this.</i></p> <p><i>This is too easy.</i></p>	<p><i>I can't do this yet, but I will learn.</i></p> <p><i>I can figure this out with a little effort</i></p> <p><i>I need a better strategy for learning this.</i></p> <p><i>Mistakes help me learn.</i></p> <p><i>What am I missing?</i></p> <p><i>What support do I need?</i></p> <p><i>I'm on track. How can I expand my learning here?</i></p> <p><i>My effort has paid off. How can I make it more challenging?</i></p>

FOR PARENTS:

Instead of:	Try this:
<p><i>You're so smart!</i></p> <p><i>You're a natural talent!</i></p> <p><i>Look how quickly you finished!</i></p> <p><i>Good job!</i></p> <p><i>That was too hard for you.</i></p> <p><i>Maybe you're not cut out for it.</i></p> <p><i>Oops, you made a mistake!</i></p> <p><i>You'll do better next time.</i></p>	<p><i>You worked really hard.</i></p> <p><i>I really enjoy watching you do that.</i></p> <p><i>That seemed easy for you. Let's find a way to make it more challenging.</i></p> <p><i>You can't do it yet, but you'll learn!</i></p> <p><i>Let's find a better strategy.</i></p> <p><i>Making mistakes are how we learn!</i></p> <p><i>Let's have a look...</i></p>