

GROWTH MINDSET

When we give children the proper tools and strategies to help them believe in themselves, their abilities, and their intelligence, and help them acknowledge skills that can be improved, we are supporting them in developing a growth mindset!



1. Motivate

To support a Growth Mindset children need to be motivated.
When they can't do something a child can feel frustrated and sad, resulting in feelings of "I am not good enough" or "I'll never be able to do it"
If we are there for them, motivating them to try again and not give up, we are contributing to their Growth Mindset.

2. Supporting the Challenge

When we are faced with hard tasks (even as adults) we sometimes want to give up because 'it's too hard' but when we push past the hard part and we accomplish our goals ... WE FEEL AMAZING! It is the same for children! With a Growth Mindset we are able to say to ourselves "I GOT THIS, I CAN DO IT". We accept the challenge and push past it and feel incredible for our efforts.

3. Trying Your Best

Some times we work really hard at something and it just doesn't seem to work out for us. We attempt the same math problem over and over and just cannot get it, that dance move that came easily to everyone else just doesn't look the same, BUT you tried your best! That is the most important part!

4. Praise and Encouragement

Validating your child's (or the children in your classrooms) effort is super important. Let them know that you witnessed their effort and you are so proud that they tried their best, or showed up or didn't give up. These small acts of communication can make a BIG difference in supporting their Growth Mindset. You are giving them the tools to believe in themselves.

5. Growth Mindset Posters

Get some big paper, markers, pencil crayons and get creative! Write down things your child has accomplished so they can see their success. Also create posters that talk about what they haven't accomplished yet but are working towards. When they accomplish it they can colour it in and see their growth.

GROWTH MINDSET AND THE BIG LIFE JOURNAL

The Big Life Journal

For children ages 7 - 10 years

This journal helps to encourage children to reflect on their mindset through inspirational and developmentally appropriate stories, activities, and reflection exercise. The Big Life Journal also empowers children to express themeless and develop many social and emotional skills, develop confidence and build resilience.

Growth Mindset Printables

For children ages 5 - 11 years

This kit provides parents or educators with engaging worksheets to help inspire and power children on their growth mindset journey!

The Big Life Journal Podcast

An engaging podcast for children! This podcast also allows educators and parents understand how to explain social and emotional concepts to children at a developmentally appropriate level.

The Resilience Kit

This kit includes engaging posters, activities, worksheets and colouring pages to help empower, inspire, encourage and support children in developing social and emotional skills.

Growth Mindset Posters

Suitable for the classroom or home, this collection of posters will help to inspire children to develop a growth mindset and encourage social and emotional learning.

