



The Discovery School

Ideas for Parents in Supporting a Growth Mindset Culture

- 1) Help your child to remember a time they learned something new and that the new learning was a challenge: Identify with your child that it took practice and dedication to tackle the challenge. Ensure they remember perseverance and practice are both important parts of the learning process.
- 2) Encourage your child to voice their difficulties with a growth mindset voice: Give your children the language to apply to their learning, for example:
This is too hard becomes This may take time and effort.
I can't do this becomes I can't do this yet.
I give up becomes I'll use some of my learning strategies.
That will do! becomes Is it really the best it can be?
I don't understand becomes I need to think about what is missing.
- 3) Support children to get inquisitive about mistakes: Help your child to view their mistakes as part of the process of learning. Help them to understand that self-correction and self-editing are a vital part of moving their own learning on.
- 4) Use questioning to show curiosity about your child's work: Ask them to discuss their reasoning behind the way in which they have tackled the task, for example:
How did you figure this out?
Could you have tackled this in another way? Would you still have the same outcome?
Which different ways did you try to be able to succeed?
Which strategy worked for you?
What was challenging for you and why?
Did you learn from any mistakes in the process?
What do you plan to do next time?
- 5) Help your children to understand when they used fixed mindset language: Identify, in a gentle manner, when they share statements that promote a fixed mindset. For example:
He is so clever, he always wins becomes (with encouragement) He practises so much and is so dedicated; it helps him to win.
I got it wrong again; I'll never get this becomes (with encouragement) I have made another mistake, what am I missing?

6) **One of the most important ideas for supporting growth mindset in children, is always giving the right type of praise to your child and to try and avoid labelling;**

- Avoid labelling yourself with a fixed mindset statement, for example; *I am a really good cook or I was never any good at maths either.*
- Praise your child's process rather than the outcome, for example; *That is such beautiful, neat writing* becomes *You have worked so hard on your writing so I can see you have made progress here.*
- Always praise effort, self-correction and persistence.
- Avoid protecting children from failed tasks; remind them that failing is the first step to learning and failure only comes when they give up. Ask your child; *What can you learn from this experience? What could you try differently next time?*