



### Ideas for promoting a growth mindset:

1. **Help children understand a little more about how the brain works** and that it gets more powerful through practicing the things you want to get better at. So practicing being more determined, bouncing back from disappointment or recognizing the feeling you get when you don't get your own way or make mistakes is good for your children.
2. **Don't just tell children they are just clever, gifted, or talented** as this implies that they were born with the knowledge, and does not encourage effort and growth.
3. **Praise the process.** It's effort, resilience, determination, commitment, and practice that allow children to become the best version of themselves.
4. **Don't praise the result as much as perhaps you do.** Test scores and rigid ways of measuring learning and knowledge limit the growth that could otherwise happen.
5. **Embrace failures and mistakes.** Children sometimes learn the most when they make mistakes. Let them know that mistakes are a big part of the learning process. There is nothing like the feeling of struggling through a very difficult problem, only to finally break through and solve it! The more challenging the problem, the more satisfying it is to find the solution.
6. **Encourage participation and collaborative group learning.** Children learn best when they are immersed in activities and talking is encouraged.
7. **Encourage competency-based learning.** Get children excited about learning facts when we explain why it is important and how it will help them in the future. The goal should never be to just get the 'correct' answer, but to understand and want to learn more.