

# Growth mindset vs Fixed mindset

This week you will focus on a Growth mindset vs. Fixed mindset. We will teach our kids the difference between growth mindset and fixed—we want our kids to have a growth mindset. You can start by telling kids that when something is fixed it stays the same and does not change. When your mind is a growth mindset it will grow and get stronger.

You could use the idea of running or lifting weights. You can talk about how when someone first gets started doing either of these things, they might only be able to use 5 pound weights or run 1 mile, but the more they work on it and tell themselves that they will get further they will soon be able to use 20 pound weights and run 5 miles. The same goes with our brain. Our brain is like a muscle. The more that we use it and choose positive words for ourselves the stronger it gets!

Here are some pictures of what people might say and how they can change their words to use their brain in a positive way:

Don't Say	Do Say
I'm so stupid.	What am I missing?
I'm awesome at this.	I seem to be on the right track.
I'm not good at math (or any other subject).	I'm going to train my brain in math (or other subject).
This is too hard.	This is going to take some time and effort.
I'm jealous - she's so smart!	I'm going to figure out how she is doing it.
I give up!	I'll use some of the strategies I've learned.
I made a mistake.	Mistakes help me improve.
It's good enough.	Is this really my best work?

What Can I Say To Myself?	
Instead of:	Try thinking:
I'm not that good at this.	What am I missing?
I'm awesome at this.	I'm on the right track.
I give up.	I'll use some of the strategies we've learned.
This is too hard.	This may take some time and effort.
I can't make this any better.	I can always improve, so I'll keep on trying.
I just can't do maths.	I'm going to train my brain in maths.
I made a mistake.	Mistakes help me learn better.
She's so smart. I'll never be that smart.	I'm going to figure out how she does it so I can try it.
Plan A didn't work.	Good thing the alphabet has 25 more letters.
It's good enough.	Is it really my best work?

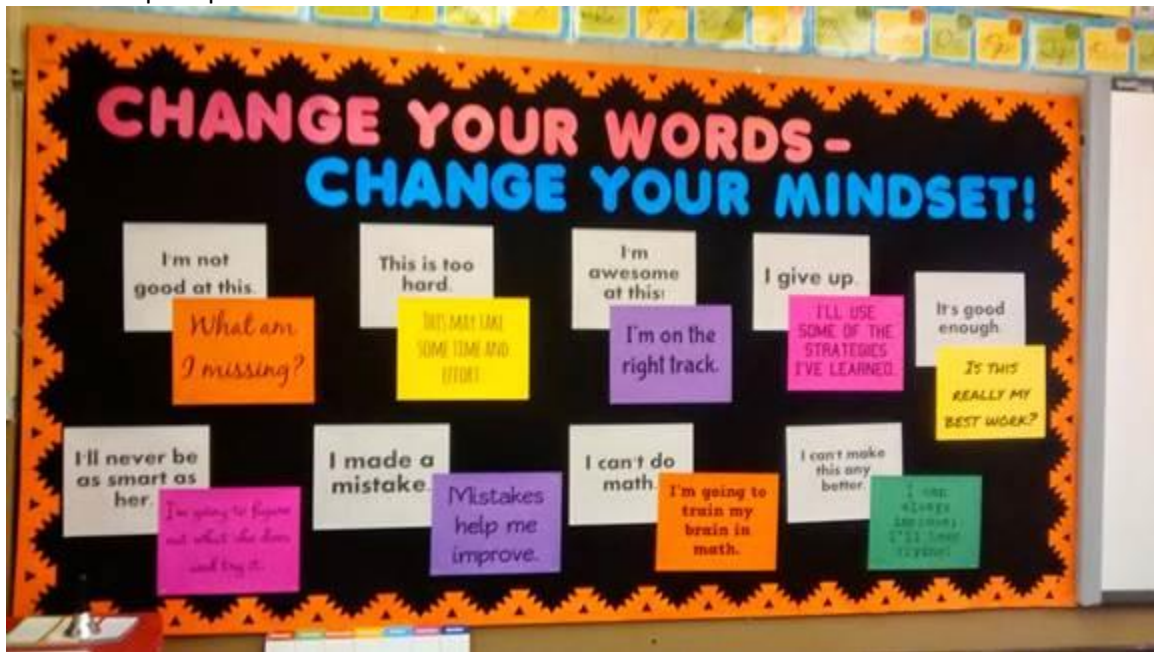
Here is a video link that might be good for 3-5 to explain growth mindset:

<https://www.youtube.com/watch?v=EIVUqv0v1EE>

Activity: Make a list of the things you feel you are good at and some of the things you aren't; for each item, explain why. Share your list and reasons with a partner. Pick two items on your "not good" list and discuss what it would take for you to become better at each.

Activity: I have attached a worksheet about fixed vs growth mindset. You may do this with your kids and pull it up or revisit when you need to throughout the year. The worksheet is partly done, but then you could have the kids work with partners to come up with the rest of what they should say.

This will be put up in the cafeteria!



Name: \_\_\_\_\_

## Growth Mindset

### What Can I Say to Myself?

Instead of...	Try thinking...
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I'm not good at this.	What am I missing?
This is too hard.	This may take some time and effort.
I'm awesome at this.	I'm on the right track.
I give up.	I'll use some of the strategies I've learned.
It's good enough.	
I'll never be as smart as her.	
I made a mistake.	
I can't do math.	
I can't make this any better.	
I can't do this.	