

Parent's Guide to A Growth Mindset

This is a summary of key principles to remember when teaching and modeling a growth mindset. You may choose to laminate or frame it. Keep it handy in your room, or post it on your refrigerator as a reminder.

1. How to Explain Growth Mindset to Children

When children understand neuroplasticity, it becomes much easier for them to understand growth mindset and embrace mistakes, obstacles, and challenges. This printable provides resources and activities to teach your children or students about their brain's ability to grow and change.

2. 10 Growth Mindset Conversation Starters

This printable offers growth mindset alternatives to asking your children, "How was your day?" Suggested use: 1. Print on thick card paper then cut out questions and glue them on a ice lolly or craft stick.

You can also simply print on plain paper and fold each question in half. 2. Place the sticks or pieces of paper inside a jar. 3. After dinner or during family night, everyone can take turns picking a question from the jar.

3. Growth Mindset Statements and Affirmations

These statements and affirmations help cultivate a growth mindset, build confidence, and develop a can do it attitude. Suggested uses:

- Have your children pick and circle affirmations they identify with. Write them on a piece of paper and post it on their

bathroom mirror.

- - Sit down as a family at the weekend or in the evening. As a family, choose one to five affirmations from this printable. Agree to say these affirmations together every day.
- - Encourage your children or students to turn the affirmations into a song and sing them out loud to your favourite tunes.- Have your children or students draw or paint their favourite affirmations and make them into a poster.

4. The Ultimate Guide to Praising Your Children

This printable provides practical ways to help foster growth mindset with praise. Choose one type of praise to work on at first and then move down the list throughout the week. To learn more, copy and paste the link below;

<https://biglifejournal-uk.co.uk/blogs/blog/praise>

5. Brain Breaks

If you want to raise smart, resilient, happy children, let them move! Active physical movement and play helps children learn, improve their memory, and increase their motivation. These brain breaks are excellent to add more movement to your child's day. To learn more, copy and paste the following the link

<https://biglifejournal-uk.co.uk/blogs/blog/smart-kids-learning-activities-through-movement>