

How can we help children develop a growth mindset?

- Praise carefully – not for intelligence but for effort
- Encourage deliberate practice and targeted effort
- Don't do everything for them, it only tells them it's not worth trying
- Encourage high challenge tasks to grow those brain cells!
- Discuss errors and mistakes and help your children to see them as opportunities to learn and improve
- Praise children for determination and concentration
- Talk about how hard sportspeople, dancers, doctors had to work to be successful

I've noticed the effort you're putting into...

All of your hard work and practice is really paying off...

I'm proud of how hard you have tried...

How do you feel about not getting the result you wanted first time?

Are you clear on what you need to do to improve your learning next time?

You made a mistake, that's ok, mistakes help our brain grow.

What can you learn from it, to improve next time?

A Guide To Growth Mindset



St Augustine's Catholic Primary School

What is a growth mindset?



Growth mindset thinking can result in:

- A love for learning and self-motivation
- A desire to be challenged
- A willingness to try hard
- A belief that you can improve your performance with effort and practice
- The ability to learn from mistakes and failures
- Increased resilience and determination

What is a fixed mindset?

Fixed mindset thinking can result in:

- A fear of failure; refusal to take risks and avoidance of tricky situations
- Refusal to 'have a go' and be challenged
- The belief that you've either got talent or you haven't and nothing can make you improve
- A desire to blame others or outside circumstances when things don't go your way
- Being motivated by reward and praise from others
- Giving up easily

