

# Growth Mindset

Nicola S. Morgan

[nsmtc@live.co.uk](mailto:nsmtc@live.co.uk)

*“The passion for stretching yourself and sticking to it, even (or especially) when it’s not going well, is the hallmark of the growth mindset. **This is the mindset that allows people to thrive during some of the most challenging times in their lives.**”*

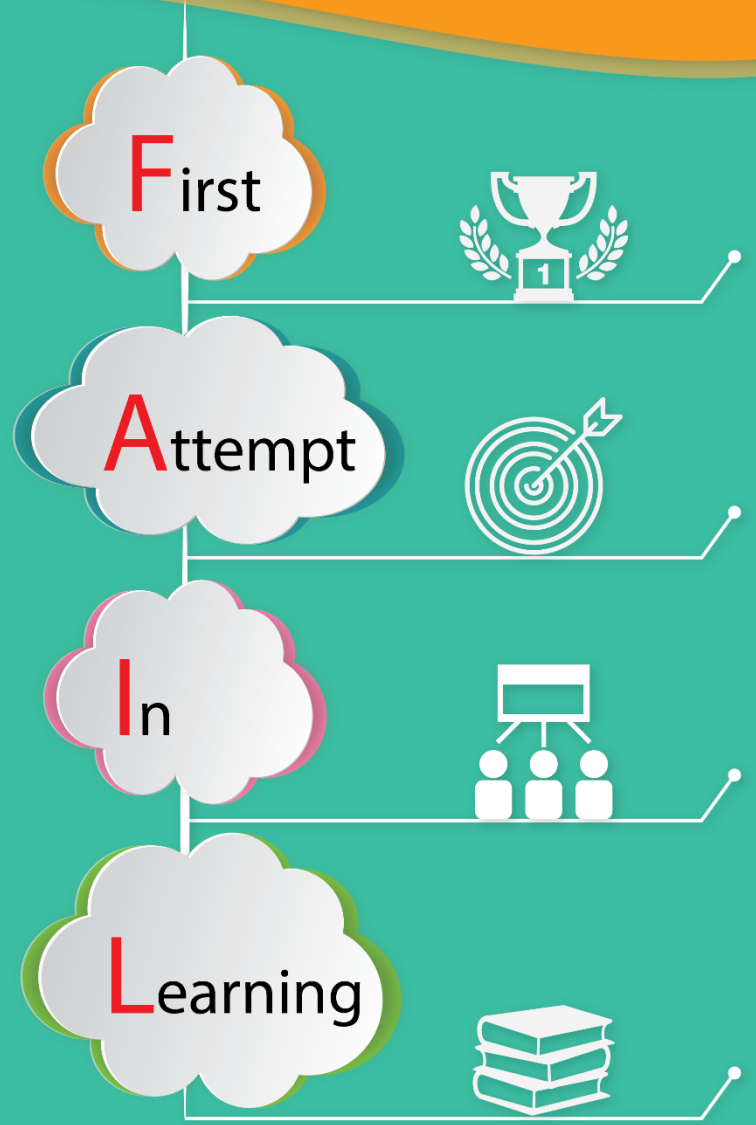
(Professor Carol Dweck)

Growth Mindset	Fixed Mindset
Characteristics	
Learn at all costs	Look smart at all costs
Think about how they learn	<b>Are fearful of making mistakes</b>
Finds lessons in the actions of others	<b>Hides mistakes and deficiencies</b>
Works hard, effort is key	<b>Are reluctant to take on challenges</b>
Believes that effort creates success	Prefer to stay in their comfort zone
Sees effort as necessary for growth	Sees effort as useless
<b>Embraces challenge</b>	It should come naturally
<b>View mistakes as opportunities to develop</b>	Think it is important to 'look smart' in front of others

# MISTAKES

- M** means 
- I** 
- S** tart 
- T** o 
- A** cquire 
- K** nowledge 
- E** xperience 
- S** kills 

# FAIL



I -

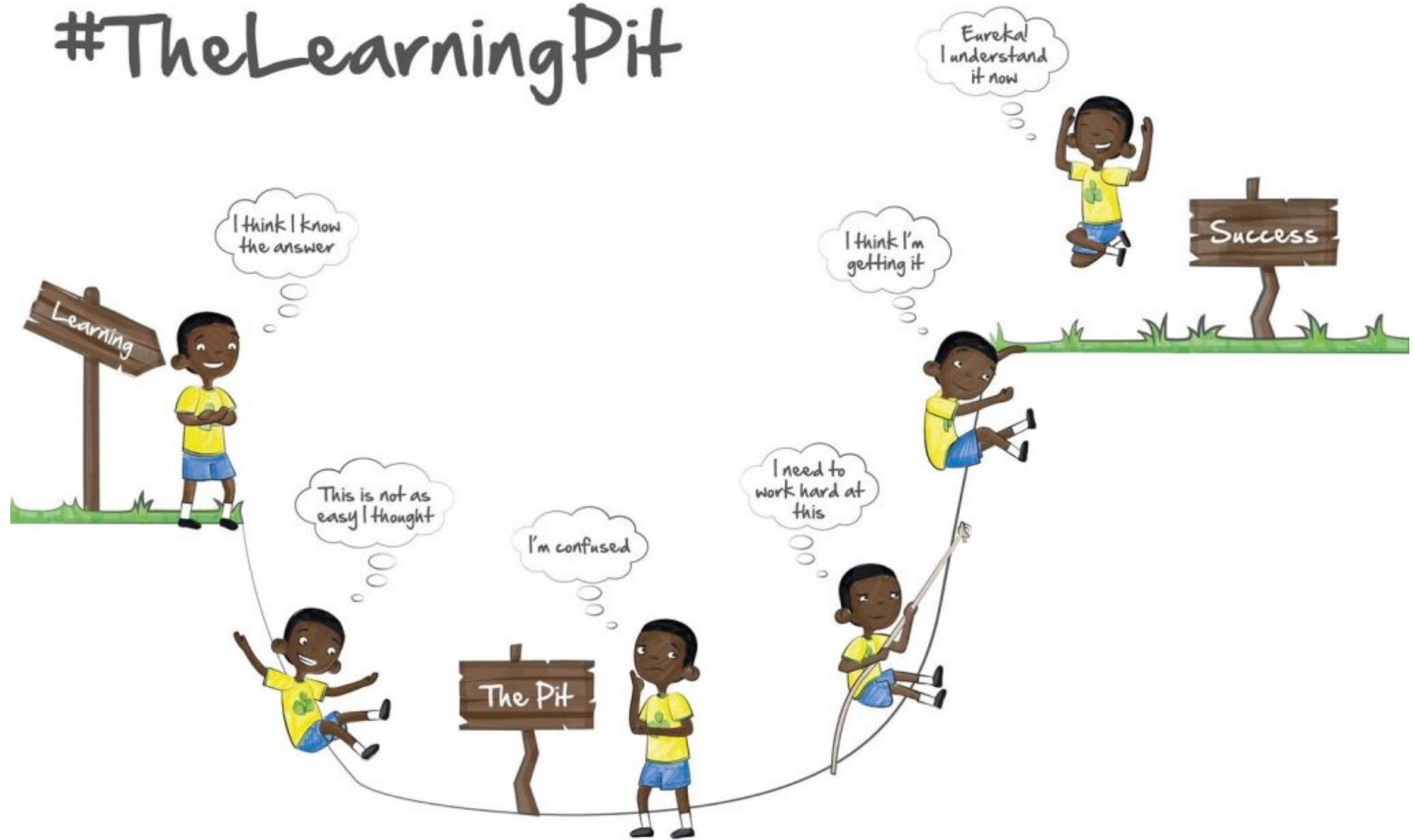
C -

A -

N -

T -

# #TheLearningPit



# Mindset Statements

What are you missing here?

You could use a different strategy.

Let's learn from this mistake?

**What changes might you make to these mistakes?**

What can you learn from these mistakes?

A very good try! Now here is plan 'b'...

Let's try doing this task a different way....

# Mindset Statements

Why do you think this redraft is better?

You're not quite there yet but let's see what we can do...

Well done on your hard work and persistence! It will all pay off!

**Let me add some new ideas to help you...**

Have a go! I can always help you learn from your mistakes.

Let's ask.....for advice he/she maybe able to help you with this!



# WHY?

Why do you think that?

Why are you interested in that?

Encourage children not to just accept things straight away.

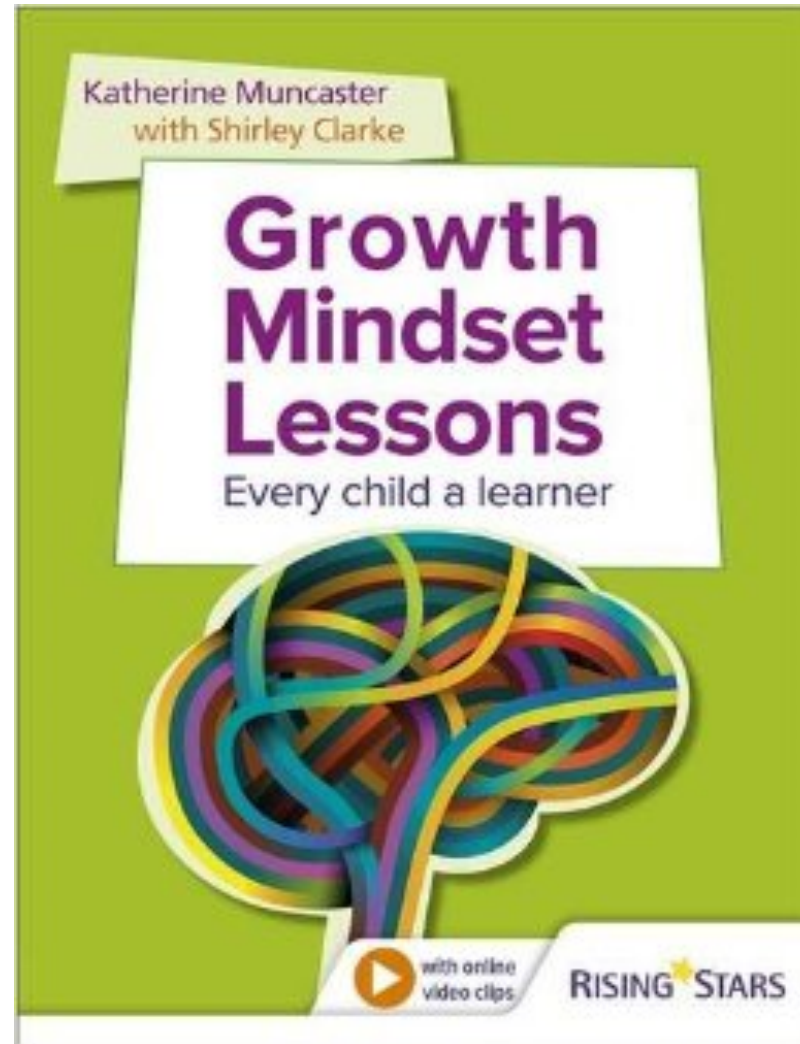


# HOQ's: Benefits for students

## Also gains in:

- Confidence
- Exam skills
- Thinking in the subject
- Originality of response
- Depth of reflection

# Growth Mindset Lessons by Katherine Muncaster



[nsmtc@live.co.uk](mailto:nsmtc@live.co.uk)

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### A Growth Mindset

Developing a growth mindset is an ongoing process and a wonderful gift to develop in your child. With a growth mindset, your child will develop a love of learning, embrace challenges, understand how to overcome obstacles and see mistakes as the portals of learning.



### How to Develop a Growth Mindset



There are many ways you can help your child develop a growth mindset:

- Encourage them to believe that their brain works like a muscle – the more they use it, the stronger it gets.
- Use the word 'yet' at the end of a negative statement (see below).
- Think about the way you praise (see below).

### The Way You Praise

The way you praise your child when they approach a challenge will help them develop a growth mindset.



⊗ Don't praise your child's	✓ Do praise your child's
Intelligence	Effort
Talent	Strategies and processes used
Ability	Persistence

### The Power of Yet

Adding the word 'yet' at the end of a negative statement opens up a world of possibilities and will show your child that with effort and practice they will get closer to achieving their goal.



💬 When your child says:	🧠 Encourage your child to say:
I'm no good at origami !	I'm not good at origami YET!
I can't do this puzzle !	I can't do this puzzle YET!
I tried, but it didn't work.	I tried, but it didn't work YET!



One of the best things you can teach your child is that mistakes are essential to learning, that no one gets better at anything without first making some mistakes and going through some struggles.



Your child needs to know that failure and making mistakes can (and often do) happen and that is OK!



Remind them that each time they fail and try again their brain is growing stronger!



Don't step in to prevent your child's failure – this is how they learn to persevere in the face of challenges.



Give feedback based on the mistakes your child may make. Turn these into good mistakes by using them as development opportunities.



Create acronyms with your child to help them overcome difficult situations. Below are a few examples:

**MISTAKES** : Means I Start To Acquire Knowledge Experience Skills  
**FAIL**: First Attempt In Learning  
**NO**: Next Opportunity





## Creative Challenges

The Family  
Growth Mindset Scheme



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

### MOTIVATING QUOTE

“Remember, there are no mistakes, only lessons. Love yourself, trust your choices, and everything is possible.”  
Cherie-Carter Scotts

Discuss this quote with your family.  
What does this quote mean to you?

### The ACTIVITY

#### Powerful Paper

Did you know paper is made from trees? To make paper from trees, the raw wood must first be turned into pulp which is a watery material of cellulose wood fibres. The cellulose fibres are stuck together with a lignin, which is a natural glue. The lignin is then removed and the cellulose fibres are separated and reorganised, and paper is made. Did you know the pulp papermaking process is said to have been developed in China during the early 2nd century CE?

Do you think a piece of A4 paper is as strong as a tree? Together, find ways for a piece of paper (and nothing else) to hold up a hardback book. Once you have achieved this, experiment with the same piece of paper and see how many books it can hold up in one go.

Resources:  
A4 paper, hardback books

### The Power of YET!

If someone gets stuck and needs some help, say:

“Who can you ask for help?”

### CHALLENGE-O-METER



### CHALLENGE YOURSELF

What can you do to make this activity more challenging?

## Creative Challenges

The Family  
Growth Mindset Scheme



### Change your MINDSET

If someone in the family says:

“I’m not that clever”

encourage them to say:

“I will learn how to do this.”

### POSITIVELY REINFORCE

Positively reinforce someone in your family by saying:

“You put a lot of time into that activity. Tell me how you did it?”

or  
“Are you pleased with what you did?”

As a family answer the following questions.

What did you enjoy the most?

If you had the opportunity to do this again, what would you do differently?

What help would you need next time?

### FABULOUS FEEDBACK

How can you apply what you have learned to other activities?

### RATE ACTIVITY

As a family rate this activity out of five stars

Names: \_\_\_\_\_



Names: \_\_\_\_\_



Names: \_\_\_\_\_



Names: \_\_\_\_\_



Names: \_\_\_\_\_



Names: \_\_\_\_\_



Names: \_\_\_\_\_



A black and white close-up photograph of Nelson Mandela's face. He is smiling broadly, showing his teeth, and his eyes are squinted in a joyful expression. His hands are visible at the bottom of the frame, gently holding his chin.

I never lose. I either  
win or learn.

Nelson Mandela

# NSM Training & Consultancy Ltd

**email:** [nsmtc@live.co.uk](mailto:nsmtc@live.co.uk)

**web:** [nsmtc.co.uk](http://nsmtc.co.uk)

**twitter:** [@nsmtc](https://twitter.com/nsmtc)

**facebook:** [nsmtc1](https://www.facebook.com/nsmtc1)

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