



Growth Mindset Guide for Parents



Created in collaboration with Chiltern Primary
School Junior Leadership Team 2020-2021

We are on our journey to
grow, believe and achieve.



Introduction



The aim of this guide is to explain an approach we have been taking towards learning at Chiltern Primary School called *GROWTH MINDSET*. We have been encouraging our pupils to develop a Growth Mindset and you may have already heard them talking about this at home or even seen examples on our twitter page.

Last year the Junior Leadership Team organised a competition for the children to design posters to celebrate our learning muscles.

Growth Mindset - What's that all about?

"A Growth Mindset is about having a positive attitude and believing in yourself", we use our learning muscles to do this.

Growth Mindset is simply an approach to learning in school and life beyond. The principles come from years of research by Dr Carol Dweck of Stanford University. Her work points to people having two Mindsets - **GROWTH OR FIXED**.

A child's belief about intelligence and ability are really important factors in whether they become effective learners.

"In a fixed Mindset students believe their basic abilities, their intelligence, their talents etc. are just fixed traits they have a certain amount and that's that and then their goal becomes to look smart all the time or never look dumb. In a growth Mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't think everyone's the same or anyone can become Einstein, but they believe everyone can get better if they work at it".

Dr Carol Dweck



Why Growth Mindset is Important - By Chiltern Primary School Pupil Council

It encourages a positive attitude and enjoy learning.

It encourages you not to give up.

It helps you be curious about the learning.

It makes you really have a go.



Growth Mindset at Chiltern Primary School

At Chiltern Primary School, our learners have been learning about Growth mindset as part of their Health and Well-being Education through :

- Stories (Giraffes can't dance, Curious George, The Snail and the Whale etc)
- Challenges (to allow them the chance to show a growth mindset)
- Games
- Drama
- Art work and displays (Austins Butterfly)

Staff also encourage Growth mindset through their everyday interactions with pupils. Celebrating and using our learning muscles all the time.



Our learning muscles are

Concentrate
Be curious
Be Cooperative
Imagination

Don't give up
Have a go
Enjoy learning
Keep improving

Growth Mindset Language

When developing Growth Mindset, language and the words you use is very important



DEVELOPING A GROWTH MINDSET

INSTEAD OF....	TRY THINKING ...
I'm not good at this	What am I missing
I give up	I'll use different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Marvellous mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that clever	I will learn how to do this
Plan A didn't work	There's always plan B
My friend can do it	I will learn from them

The Impact of Praise on Our Mindset

The vast majority of children love praise and respond well to it. It is an important element of our teaching role to support and encourage pupils and praise is used for this purpose. Children love praise about their intelligence, ability and talent. Sometimes **however** it can reinforce that we expect them to do well, be 'perfect' and always succeed and some

children struggle if they find something difficult.

Praise such as 'wow you have finished quickly' or 'no mistakes - brilliant' sends the message that speed and perfection are what we value. As a school we try school to ensure that we recognise **resilience**, **effort** and **perseverance**. This does not mean that we will not celebrate when a child does well - just that we will balance this with the importance of working hard and not giving up.

Learners often worry that doing poorly in one piece of work or making lots of mistakes means they simply cannot and will not ever be able to master that skill or carry out that task. A favourite saying at Chiltern Primary School is **YOU JUST CAN'T DO IT YET!!!!**

How Can You Help With This at Home?

The good news is that mindsets can be changed! This approach may be helpful in many areas of our lives, and not just school. As you can imagine a key part of developing a Growth Mindset is in hearing consistent messages from everyone involved. Receiving Growth mindset messages at home will no doubt help to further embed these beliefs in your child. This is how you can help:

Praise effort, perseverance, motivation and strategies

- Well done your learning to.....
- You're finding it hard? Good - it's making you think - that's how your brain is growing!
- Every time you practice it is making the connections in your brain get stronger
- Be brave! Have another go! Maybe this time you could...
- You've worked hard on this and succeeded because...
- Marvellous mistakes are good...learn from it and think what to do next time

Show an interest and ask open ended questions:

- Tell me about it, show me more
- How did you do that?
- How many ways did you try before it turned out the way you wanted it?

Encourage your child to take a risk:

- Gently nudge your child to push themselves and see challenge as a positive part of their learning
- Where possible encourage them to try things that are 'just out of reach'
- Offer small but achievable challenges at home - don't make everything too easy
- Remember we don't learn many new things when we are in our comfort zone

Try to model a Growth Mindset Yourself:

"Parents should be setting an example with a positive attitude and have a Growth mindset themselves"

- Let your child know when you find something tough and talk through this
- Try not to talk about yourself in a fixed mindset way e.g. 'I was just rubbish at maths at school and that was it'...this leads them to think the future is pre-determined.

Don't sweat the small stuff!

- Accidents and mistakes happen - encourage your child to not be scared of these.
- Talk about what works and doesn't - learn together
- When you do learn from a mistake - celebrate this!

Our learning muscles - our books

