

HABIT OF THE MONTH



GROWTH MINDSET



This month's habit is all about having a growth mindset. Teachers will be having conversations with their class around what it looks like to have a growth mindset. If you would like to continue the conversation at home, our book of the month is "The Magical Yet" by Angela DiTerlizzi. A read aloud is available on YouTube.

Follow Up Options!

Angela Duckworth: "The Hard Thing Rule"
Duckworth is the author of the book, "Grit", and speaks to the power of perseverance in the face of hard challenges. "The Hard Thing Rule" is where each family member chooses a challenge that they will commit to working on for the next month. The challenges could be anywhere from independently tying shoe laces to practicing multiplication tables. Keep encouraging family members as they work through their challenge!

Try New Experiences

Brain science show that trying something new creates new connections in the brain. Encourage your child to try a new activity or hobby. If they struggle at first, encourage them to stay persistent.

