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THE COUNSELORS' CONNECTION

The Newsletter of the
Elementary Counseling Department

What's in this month's issue:

- UNLOCKING THE POWER OF A GROWTH MINDSET
- DID YOU KNOW?
- POSITIVE AFFIRMATIONS FOR KIDS
- TRY IT AT HOME!
- SEL BOOKS OF THE MONTH

UNLOCKING THE POWER OF A GROWTH MINDSET: HOW CAROL DWECK'S RESEARCH CAN HELP SHAPE OUR CHILDREN'S FUTURE

A growth mindset is a powerful tool that can positively help shape a child's development and future. It is a belief that basic abilities are not fixed and that intelligence and talent can be developed in time given determination and effort.

The idea of fixed and growth mindsets was first brought to public notice through the work of psychologist Carol Dweck at Stanford University in a publication entitled 'Mindset: The New Psychology of Success.' Her research supports that a growth mindset in children can result in better lifelong outcomes, academic success, and self-esteem.

Teachers and parents play an important role in helping children understand the importance of adopting a growth mindset. It's essential to provide children with positive feedback and reinforcement in challenging academic, physical, and social learning opportunities. To accomplish this, create environments where failures become opportunities to learn rather than something to fear, where children feel safe to take risks and step out of their comfort zones. Model a positive mindset, be specific when giving praise or compliments, and provide positive feedback for effort and progress. Emphasize hard work rather than results and teach children that mistakes and failures are not shameful or embarrassing. They are opportunities to grow and learn. They are not permanent or personal.

When we encourage children to set realistic goals and celebrate successes in their progress towards achieving those goals, there is the opportunity for a profound impact on children, directly increasing their creativity, problem-solving skills, and self-confidence.

The concept of a growth mindset fosters positive thoughts, habits, and behaviors. It helps children develop the skills and attitudes necessary to be successful in this ever changing unpredictable world. Growth mindset empowers children to believe in themselves and create a successful bright future.

Click on this link to read the full article.

DID YOU KNOW?

The SEL curriculum provides students with opportunities to learn how self-talk can influence their self-esteem and confidence. Both positive (clear mind) and negative (mud mind) self-talk have an impact on how students feel and think. Learning to identify and consciously adjust their self-talk can help them develop a growth mindset.

POSITIVE AFFIRMATIONS FOR KIDS

Daily positive affirmations for kids can help develop a growth mindset and improve attitudes. Positive thinking can have a great impact on your mental health and well-being. Some studies show we can maintain and increase self-esteem by reciting and internalizing positive affirming thoughts. Children with a positive self-image are more likely to spread kindness to others.

Positive affirmations are positive phrases or statements that challenge unhelpful or negative thoughts. Training your brain to think more positively can be very beneficial to promote well-being and increase resilience. Replacing negative thoughts with positive thoughts develops an increase in self-regulation and self-worth. Sharing positive affirmations at the dinner table or practicing reciting them together on the way to school is a great and easy way to implement them into your daily routine.

Click Here to read the full article

TRY IT AT HOME!

Discuss with your child how they have the power to change their initial negative thoughts to positive thoughts through encouraging words and giving themselves the grace to make mistakes.

Practice changing mud mind (negative self-talk) statements into clear mind (positive self-talk) thoughts.

SEL BOOKS OF THE MONTH