

Dear Families/Caregivers,

Your child's belief in his or her ability to learn has a greater impact on academic success than his or her intelligence. Helping children develop a growth mindset, positions them on a path for success.

We have been learning that some growth happens naturally. For example, our bodies grow taller without our help. We also discussed learned growth. These are things we learn to do such as walking, talking, writing, running or kicking a ball, playing a musical instrument, etc. We celebrated the things that we can do now that we couldn't do before.

Think about the things you have learned and share one with your child. How did you learn it? Did you read a book, learn from a friend or a teacher, or practice on your own?

Additional activities that you can do with your child:

- Go to the park and observe children of all ages. What can the older children do that the younger children cannot?
- Ask your child what he or she learned in school that day. Point out that by practicing, his or her brain gets stronger every day.
- Look through family pictures and talk about how the people in your family have grown. Talk about what they can do that they couldn't do before.
- Talk about things your child cannot do now but will be able to do in the future.

The brain is a muscle that helps us grow both physically and mentally. With practice and hard work, our brains will help us learn more and grow stronger.

Sincerely,
Your Child's Teacher