

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've been learning that while we all have strengths and things we're naturally good at, learning takes hard work and practice. Here are some strategies we learned to keep going even when something is difficult or frustrating:

1. **Set a Goal.** What do you want to do? Make a plan and write it down. Having a goal reminds yourself what you are working for.
2. **Watch Your Words.** Remove the word *can't* from your vocabulary or add the word *yet*.
3. **Do Just a Little Bit More.** When you feel like you want to quit, do a little bit more.
4. **Give Yourself a Break.** Everyone needs a break. Take time to do something you enjoy. Return to your goal refreshed and ready to go.

Think about something you've learned to do that took hard work and practice. What strategies did you use to keep going? Share your struggles and successes with your child.

Additional activities that you can do with your child:

- Talk with your child about his or her strengths and the areas that take work. Encourage your child to pick one or two of the strategies to try.
- Help your child set a goal and make a plan for achieving the goal.

Celebrate the challenges with your child and encourage him or her that hard work will pay off!

Sincerely,

Your Child's Teacher