

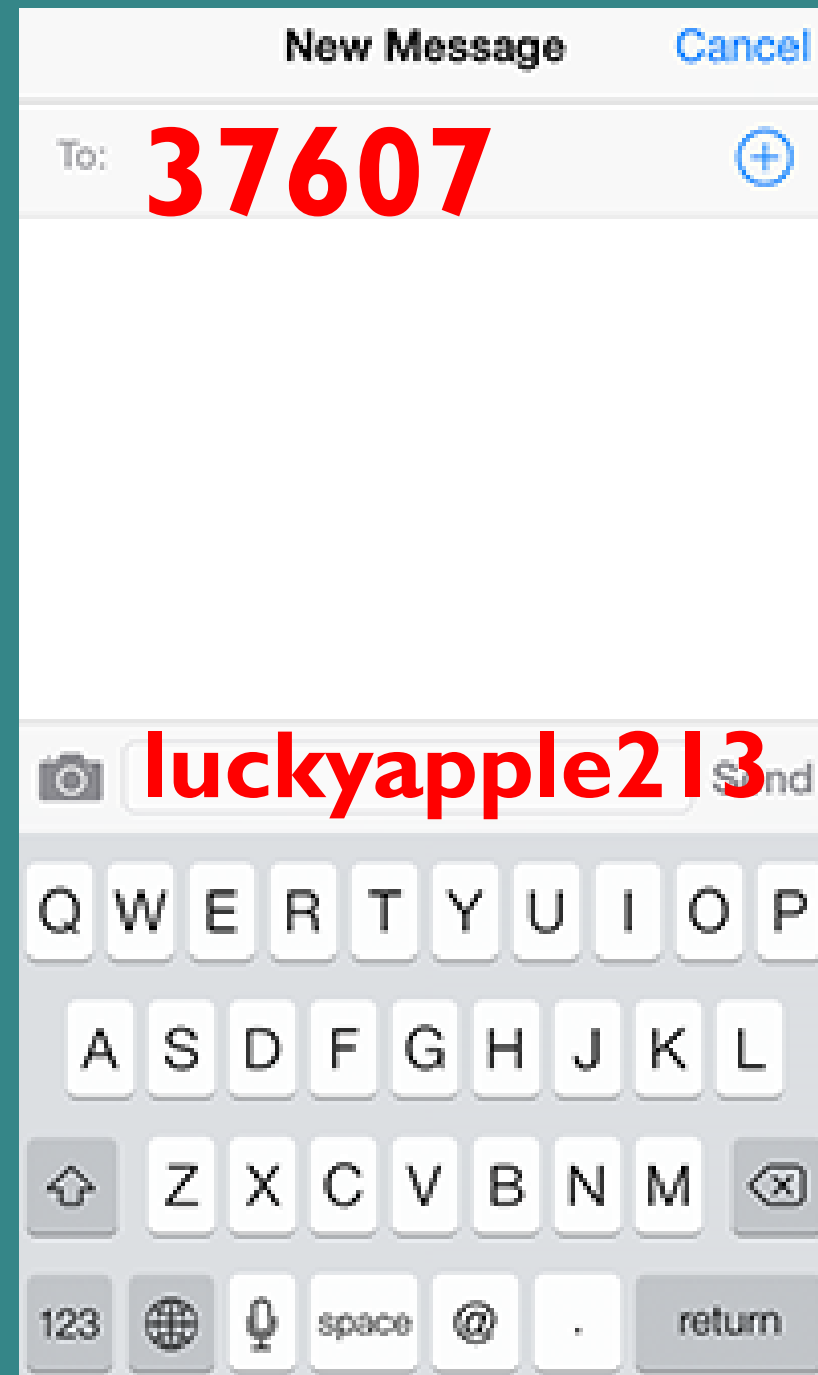
GROWTH MINDSET AND MINDFULNESS



AGENDA

- How are you feeling?
- What is mindfulness?
- Growth Mindset vs Fixed Mindset
- How a growth mindset and mindfulness connect to Social/Emotional Learning
- How can I support my child?
- Closing / Museum walk – mindful activity
- Sources

**HOW ARE
YOU FEELING
RIGHT
NOW?**



MINDFULNESS

- Mindfulness is the practice of **focusing** awareness by paying attention to the **present moment** with openness, curiosity, and without judgment.
 - When we talk about being ‘non-judgmental’ in mindfulness, we mean that we acknowledge thoughts and emotions **without labeling them as ‘positive’, ‘negative’ or otherwise.**

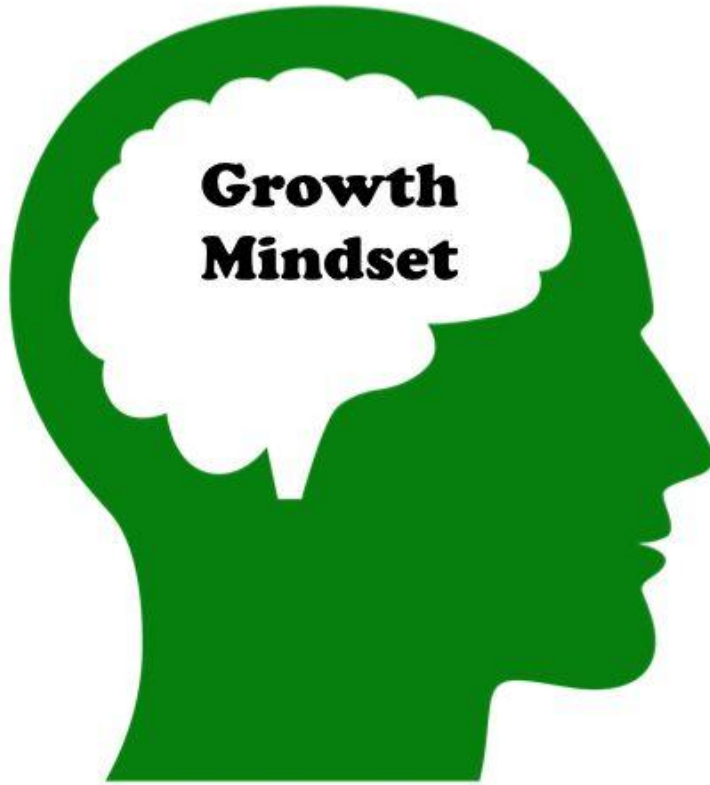
COLUMN A

- How smart you are and what talents you have are something with which people are born
- Effort is unnecessary and only needed if you aren't good enough
- Failures show the limit of one's ability
- Mistakes should be hidden
- Avoids challenging situations
- Ignores feedback
- Threatened when others find success
- Setbacks are discouraging

COLUMN B

- Intelligence and talents can be developed, people can learn whatever they want
- Effort is essential and is the path to mastery
- Failure is an opportunity
- Mistakes are a natural part of learning
- Embraces challenges
- Welcomes feedback
- Success of others is inspirational
- Setbacks are a wake-up call to increase effort or try a new method

What Kind of Mindset Do You Have?

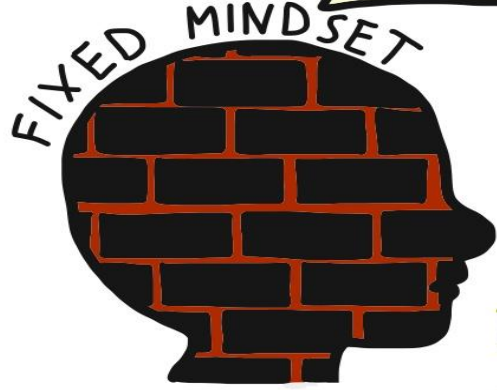


I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

TRY THINKING:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

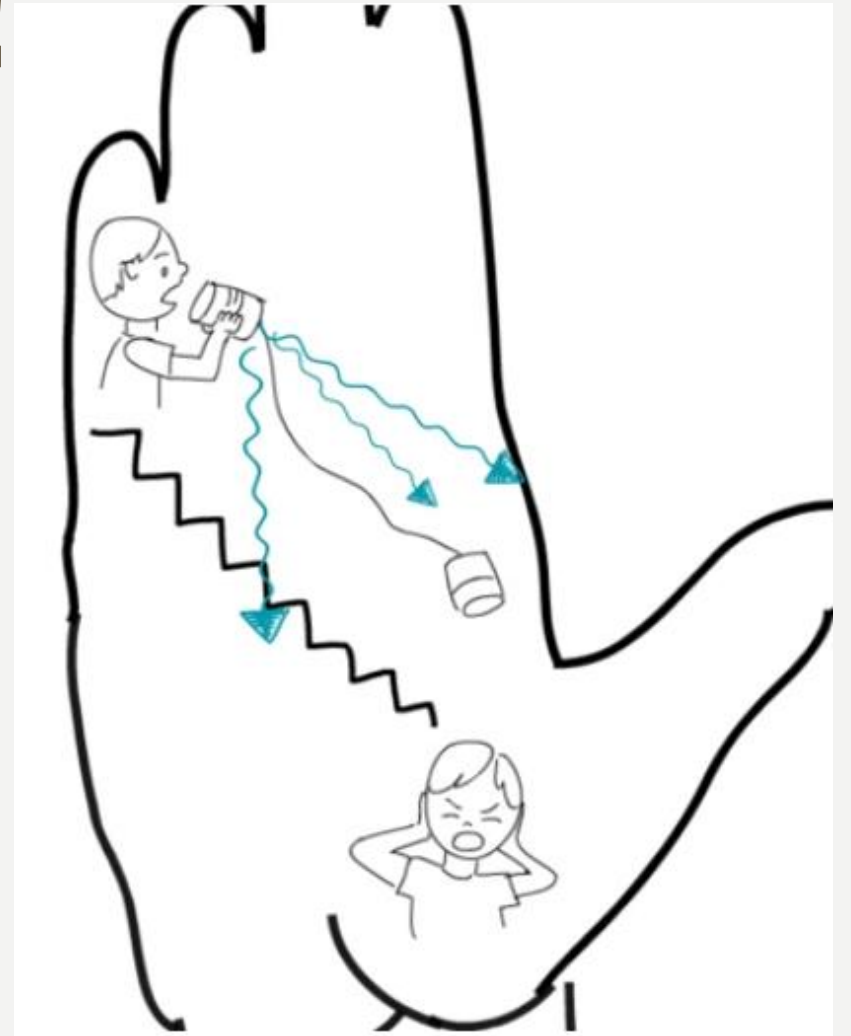
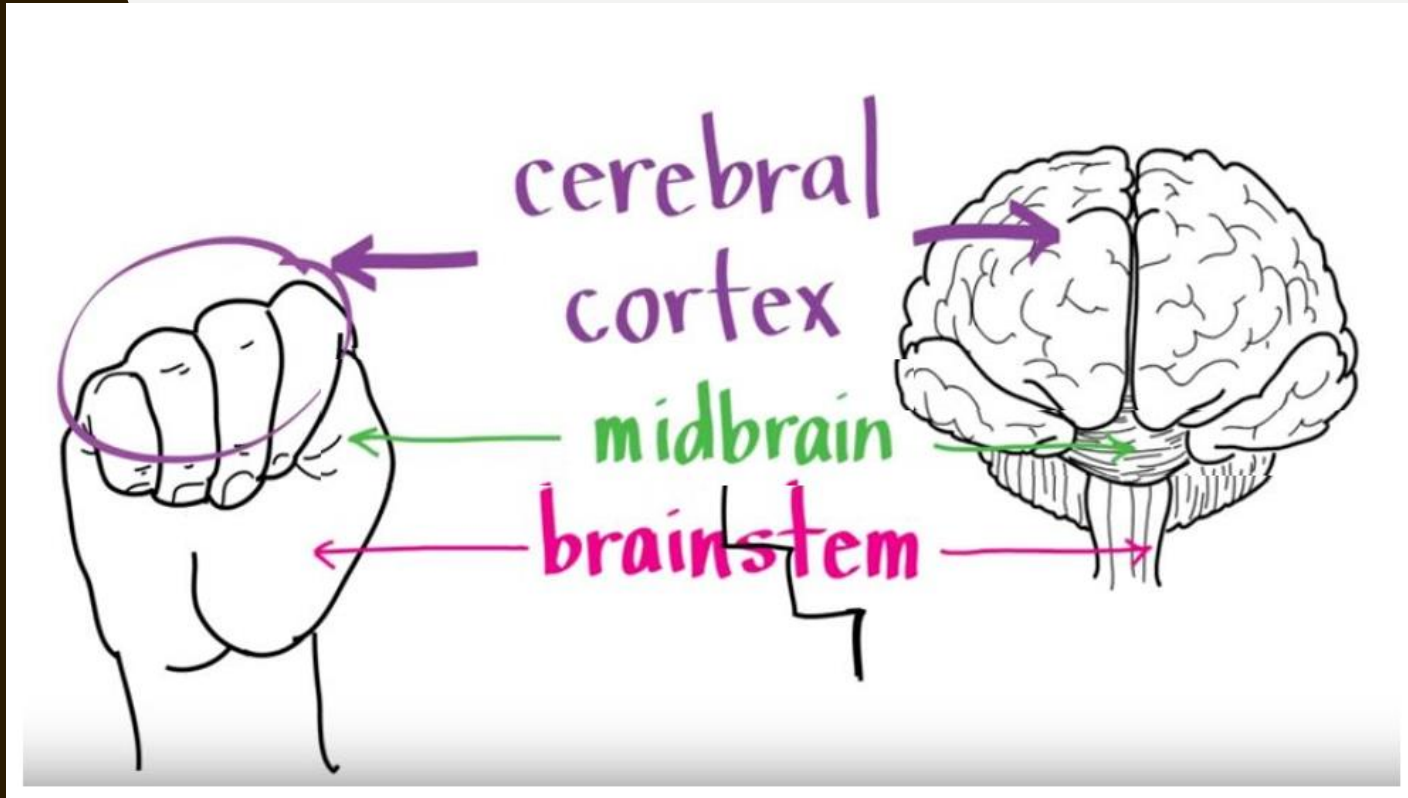
9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

READY TO GROW

- Don't stay wrapped up in the idea that you were born with all your talents
- Be willing and committed to changing your beliefs about what you are able to do
- Take appropriate action to learn and stay motivated
- Reflect at the end of each day

MY BRAIN IS LITERALLY GETTING IN MY WAY!



So what can I do to help?

PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

www.biglifejournal.com

PRAISE

FOR:

EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE
RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR:

BEING SMART
BORN GIFTED
TALENT
FIXED ABILITIES
NOT MAKING MISTAKES

SAY:

"YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"
"WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."

THE POWER OF "NOT YET"

SAY:

"YOU CAN'T DO IT YET."
"YOU DON'T KNOW IT YET."
"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"

GROWTH MINDSET

YOU CAN GROW YOUR INTELLIGENCE

VS

FIXED MINDSET

YOU CAN'T IMPROVE NATURAL ABILITIES YOU WERE BORN WITH

BRAIN CAN GROW

SAY:

"YOUR BRAIN IS LIKE A MUSCLE. WHEN YOU LEARN, YOUR BRAIN GROWS. THE FEELING OF THIS BEING HARD IS THE FEELING OF YOUR BRAIN GROWING!"

FAILURES AND MISTAKES = LEARNING

SAY:

"YOU CAN LEARN FROM YOUR MISTAKES."
"MISTAKES HELP YOU IMPROVE."
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

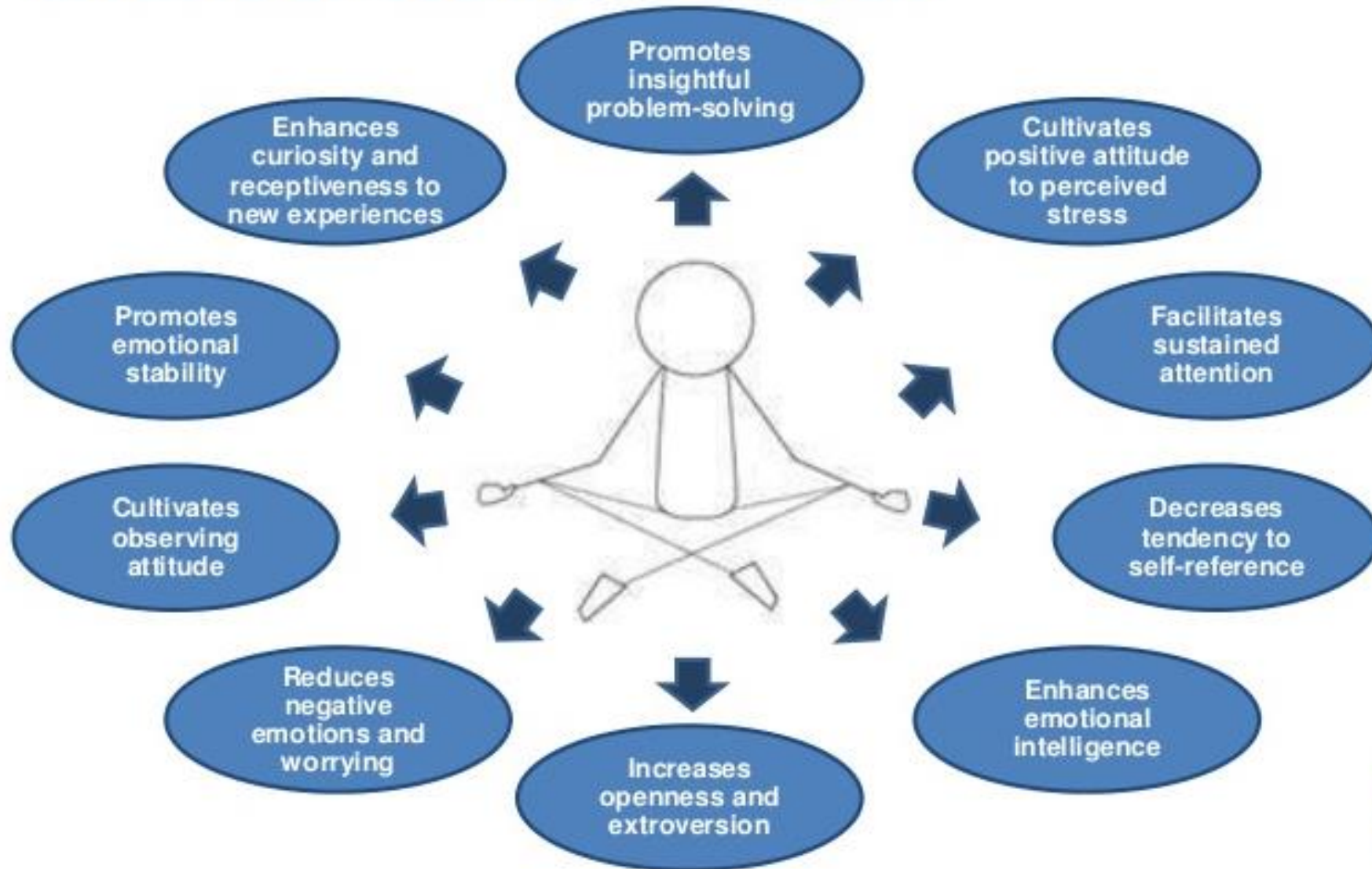
ASK

"WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"
"WHAT NEW STRATEGIES DID YOU TRY?"
"WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"
"WHAT DID YOU TRY HARD AT TODAY?"

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.

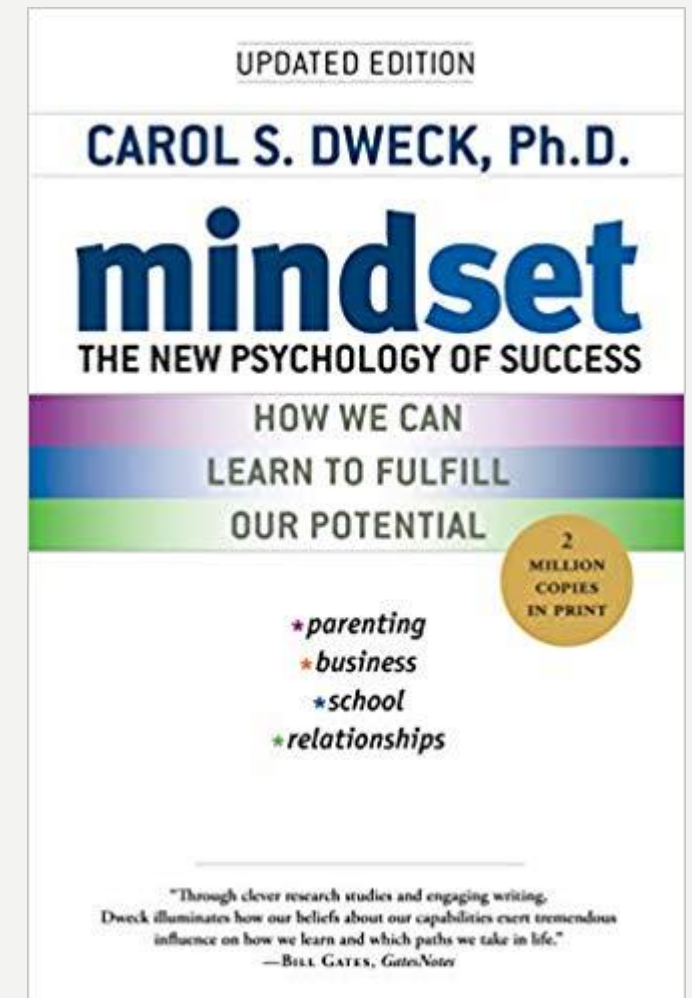
MINDFULNESS PRACTICE HAS MULTITUDE OF EFFECTS OF COGNITIVE FUNCTION



RECOMMENDED READING

- Mindset

by Carol S. Dweck, Ph.D.



LEARN TO SELF-REGULATE

- Activities for classroom and/or home:
- Websites:
- Explore the activities in the back of the room
- Research articles