Growth Mindset & Resilience: Family Reading Library

A Parent & Caregiver Resource | Grades Pre-K–12

At Swallows Charter Academy, we believe that developing confidence, perseverance, and resilience is an important part of student success. A growth mindset helps children understand that abilities can develop through practice, effective strategies, feedback, and support. Challenges and mistakes are not signs of failure, they are opportunities to learn. We encourage families to explore the following books together and use them to start meaningful conversations about effort, confidence, problem-solving, and overcoming challenges.

Pre-K–Kindergarten: Learning to Try

- **The Magical Yet –** Angela Diterlizi | Perseverance and the power of "yet"
- **Giraffes Can't Dance –** Giles Andreea | Confidence and individual strengths
- **The Dot –** Peter H. Reynolds | Trying new things and believing in yourself

Grades 1–3: Mistakes Help Us Grow

- **Your Fantastic Elastic Brain –** JoAnn Deak | How our brains learn and grow
- **The Most Magnificent Thing –** Ashley Spires | Frustration and problem-solving
- **Jabari Jumps –** Gaia Cornwall | Courage and overcoming fears
- **The Girl Who Never Made Mistakes –** Mark Pett & Gary Rubinstein | Perfectionism and accepting mistakes

Grades 4–5: Building Perseverance

- **The Boy Who Harnessed the Wind (Young Readers Edition) –** William Kamkwamba & Bryan Mealer | Determination and creative problem-solving
- **The Wild Robot –** Peter Brown | Adaptability and resilience
- **Fish in a Tree –** Lynda Mullaly Hunt | Self-confidence and learning différences

Grades 6–8: Confidence Through Challenges

- **The 7 Habits of Highly Effective Teens –** Sean Covey | Responsibility and goal-setting
- **The Confidence Code for Girls –** Katty Kay, Claire Shipman & JillElyn Riley | Confidence and overcoming self-doubt
- **You Are Awesome –** Matthew Syed | Growth mindset and perseverance

Grades 9–12: Preparing for Life's Challenges

- **Mindset: The New Psychology of Success –** Carol S. Dweck |
- **Fixed versus growth mindset**
- **Grit –** Angela Duckworth | Long-term goals and perseverance
- **The 6 Most Important Decisions You'll Ever Make –** Sean Covey | Independence and decision-making

Five Ways to Build a Growth Mindset at Home

1. **Praise progress and strategies, not just results.** Recognize preparation, problem-solving, and improvement.
2. **Normalize mistakes.** Help children identify what they learned and what they might change.
3. **Allow productive struggle.** Give children opportunities to work through age-appropriate challenges while offering support when needed.
4. **Use the word "yet."** Change "I can't do this" to "I can't do this yet."
5. **Model resilience.** Talk about your own challenges, mistakes, and the strategies you use to move forward.

Recommended Reading for Parents

- **The Gift of Failure –** Jessica Lahey
- **The Self-Driven Child –** William Stixrud & Ned Johnson
- **Mindset –** Carol S. Dweck

Remember: Confidence doesn't come from always getting things right. It develops when children learn they can face challenges, seek help, adapt, and keep growing.

Book recommendations are suggested by developmental stage. Families are encouraged to review books for individual reading levels, maturity, and interests.