

# Our Growth Mindset value for March... **Aspiration**

**Aspiration is....** Having a dream

**Aspiration is....** A strong desire to achieve something

**Aspiration is....** Hope for the future

**Aspiration is....** Knowing that it takes hard work to reach your goal



**"I have a dream"**  
**Martin Luther**  
**King**



But as for you, be strong and do not give up, for your work will be rewarded.

~ 2 Chronicles 15:7

Delight yourself in the Lord, and he will give you the desires of your heart.

~ Psalm 37:4

Commit to the Lord whatever you do, and he will establish your plans.

~ Proverbs 16:3

The plans of the diligent lead surely to abundance.

~ Proverbs 21:5



We began this month's focus with a whole school assembly. We explored the meaning of aspiration and talked about our dreams. We talked about short, medium and long term goals and that we have to work hard now to reach them.

We listened to Martin Luther King's famous speech - **"I have a dream"** and we looked at the story of Thomas Edison, the amazing inventor. We ended our assembly by singing along to "I have a Dream" by Abba.

The children were told to show aspiration by:

- **Dividing our goals into small steps** - this way they are more achievable and we feel that we are getting somewhere!
- **Asking for help along the way** - we rarely reach our goals alone.
- **Remembering that it won't happen by itself!** - we have to have a growth mindset to make it happen!
- **Learning the skills we need to reach our goal** - without them we won't get there!
- Showing **PERSEVERANCE** and **RESILIENCE!**

Do you encourage your child to have a growth mindset?

Try this - <https://www.mindsetkit.org/growth-mindset-parents>

# GROWTH mindset

## HOW YOU CAN HELP YOUR CHILD

### 1 TALK ABOUT IT

Talk with your child about their day, but guide the discussion by asking questions like:

- Did you make a mistake today? What did you learn?
- What did you do that was difficult today?

### 2 PRAISE THE PROCESS

Instead of saying, "You're so smart!" praise effort, goal setting, persisting through challenges, or being creative.

You can say something like:

- "Wow! You must have worked really hard on this!"

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### ENCOURAGE FAILURE (SAY WHAT?!)

Your child needs to know that failure can (and often does) happen and **it is okay!** Remind them that each time they fail and try again, their brain is growing stronger! Don't step in to prevent your child's failure - this is how they learn to persevere in the face of challenges.

### THE BRAIN CAN GROW!

Remind your child that **their intelligence is not fixed.** Remind them that when things are difficult, their brain grows if they persist through the challenge. Each time they learn something new, their brain is making new connections. Your child needs to know this is possible!

### HELP THEM CHANGE THEIR DIALOGUE

The way your child talks to themselves makes a huge impact on their mindset. If they say, "This is too hard!" help them change that to "I can't do this yet, but I will keep trying." Give them the words to say when they are feeling defeated by modeling it yourself!

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