Our Growth Mindset value for January.... Perseverance

## Perseverance is.... Not giving up. Perseverance is.... Having a go – even if it's hard. Perseverance is.... Trying again when you don't succeed.



"Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny." Mahatma Ghandi

"Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him." James 1:12





We began this month's focus with an

assembly where we shared the story of the tortoise and the hare. We also shared a video clip of Derek Redmond who was determined to finish his 400m race, despite a hamstring injury. In the Year 6 classroom, we discussed the attitude of Nick Vujicic, who was born with no arms and no legs.

During the assembly the children were told that success comes from determination and hard work and that it isn't always the 'smartest' children who succeed.



WHICH STEP HAVE YOU REACHED TO DAY ?

Staff will use positive language in their teaching and children will be taught that mistakes are positive – they help us to move forward.

Do you encourage your child to have a growth mindset? Try this https://www.mindsetkit.org/growth-mindset-parents

In the classroom, children will be focusing on strategies to help them when learning becomes difficult. Classroom displays remind the children that a 'fixed mindset' can affect their progress.

INSTEAD OF	TRY THINKING
I'm not good at this	What am I missing?
l give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

# GROWTHmindset HOW YOU CAN HELP YOUR CHILD

## 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?

#### ENCOURAGE FAILURE (SAY WHAT ?!)

5

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.

## HELP THEM CHANGE THEIR DIALOGUE

The way your child talks to themself 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! PRAISE THE PROCESS Instead of saying, "You're so smartl" praise effort, goal setting, persisting through challenges, or being creative. You can say something like: 2

"Wowl You must have worked really hard on this!"

## 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!

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