

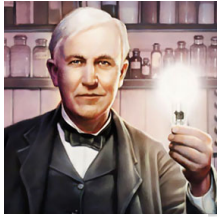
Our Growth Mindset value for February.... **Resilience**

Resilience is.... Bouncing back when we meet difficulties.

Resilience is.... Never giving up.

Resilience is.... Being able to pick yourself up when you fall.

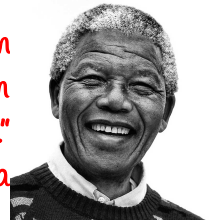
Resilience is.... Learning from failure.



I have not failed. I've just found 10,000 ways that won't work

- Thomas A. Edison

"The greatest glory in living lies not in never falling, but in rising every time we fall."
Nelson Mandela

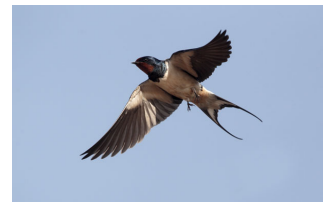


"Can you permanently change the shape of an elastic band?"



*Be on your guard;
stand firm in the faith;
be courageous;
be strong.*
1 Corinthians 16:13

We began this month's focus with a whole school assembly. We shared the story of the barn swallow which shows incredible resilience in the face of many dangers. We also shared an amazing clip of a horse who learned to open his own stable then let his friends out too! We talked about ways in which animals instinctively show resilience and how we can learn from them.



The children were told to show resilience by:

- **Being thankful** - this will help them to remember the good things when they are facing a challenge.
- **Asking for help** - some children see this as a failure when really it's strength!
- **Accepting failure** - because without it we can't succeed!
- **Believing in themselves** - in order to be resilient they need to develop an I CAN DO IT attitude.
- **Staying calm** - tears, frustration and anger are natural reactions to challenge but they don't move us forward.

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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5 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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