



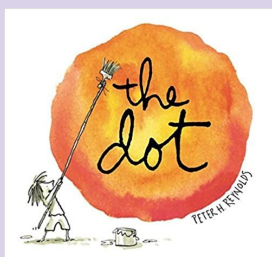
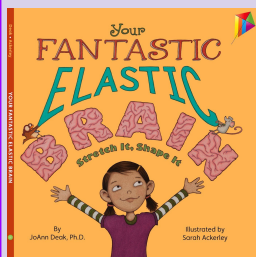
# Same but Different

Date: 11 May 2021

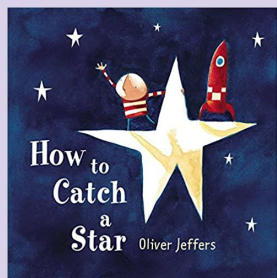
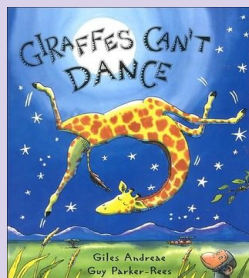
**Inclusion Bulletin for Biggin Hill Primary School**

Issue:5

## STORYBOOKS ABOUT GROWTH MINDSET



Here are some examples of story books you could read to your child focusing on determination and perseverance to a goal.



There are a number of short motivational and explanatory videos on Youtube:

<https://www.youtube.com/watch?v=rUJkbWNnNy4&t=140s>

As well as many animated stories such as: The Koala who could

<https://www.youtube.com/watch?v=5hv0kvbud98>

## A MESSAGE FROM MRS SARGEANT

Dear parents/carers,

As part of my role in the school I spend a lot of my time mentoring our children and supporting them with their worries. Many of these are based around their own expectation of their learning abilities and feeling overwhelmed by difficulties they may face when approaching new topics within lessons.

Children are quick to judge themselves and compare their own abilities to their peers resulting in low-self esteem and a lack of confidence in what they can achieve.

Whilst mentoring a child, I encourage individuals to try and develop a change in the way they think, promoting a positive attitude and self-belief; this process is called Growth Mindset.

Growth Mindset is by definition "a process in which a person believes that their most basic abilities can be developed through hard work and dedication - this view creates a love of learning and a resilience to work through challenges that is essential for great accomplishment" (Dweck 2015).

In this bulletin I wanted to share with you some ideas of ways you can support your children by using a Growth Mindset approach when trying to manage difficulties around learning concerns and self-esteem.

I hope you find this useful and that it also makes you THINK too.

*Kathryn Sargeant*

Family Liaison, Inclusion Assistant  
and Deputy Designated Safeguarding Lead



## What is Growth Mindset?

Growth Mindset is simply an approach to learning in school and life beyond. The principles of this approach come from research done by Dr Carol Dweck that points to people having two mindsets - GROWTH or FIXED.

A child's belief about intelligence and ability are important factors in whether they become successful learners. A child with a fixed mindset will believe that their ability, intelligence and talents are limited to a certain amount and that their goal is to look smart all the time. In growth mindset a child has the understanding that their abilities, intelligence and talents can be developed through effort, determination and good teaching. They understand that everyone is different and that anyone cannot become a genius but that everyone can improve if they work at it.

## How you can help at home

The good news is mindsets can be changed and a growth mindset can support us in many areas of our lives, not just at school.

A key part of Growth Mindset is having a consistent approach from everyone involved with a person so positive feedback and praise from parents/carers will help to embed self-belief in your child.

This is how you can help, below there are a number of things you can say to your child to support them in many aspects of their school day...

### Praise, effort, perseverance, motivation and strategies:

- Well done, you are learning to...
- Your finding it hard - good - it makes you think - that's how our brain grows!
- Every time you practice it is making the connections in your brain stronger.
- Be brave! Have another Go! Maybe this time you could...
- You have worked really hard on this and succeeded because...
- Mistakes are good... learn from it and think what to do next time.

### Show an interest and ask open ended questions:

- Tell me about it, show me more.
- How did you do that?
- How many ways did you try before it turned out the way you wanted it?

### Encourage your child to take a risk:

- Gently nudge your child to push themselves and see challenge as a positive part of their learning.
- Where possible encourage them to try things that appear just beyond their reach.
- Offer small achievable challenges at home - don't make everything too easy.
- Remember we don't learn many new things when we are in our comfort zone.

### Try to model Growth Mindset yourself:

- Let your child know when you find something tough and talk this through explaining how by persevering you have achieved.
- Try not to talk about yourself in a fixed mindset way e.g "I was just rubbish at maths when I was at school and that's it.." this leads to a child believing that the future is predetermined.
- Take on a new challenge together or share your new experience with a child - this reinforces that we can all "have a go" at new things.

### Don't worry about the small stuff:

- Accidents and mistakes happen - encourage your child to NOT be scared of these.
- Talk about what does and doesn't work - learn together.
- Approach even what seems to be the biggest tasks with a positive outlook

*and most importantly*

when you learn from a mistake celebrate it!



# Same but Different

## Growth Mindset language

When developing Growth Mindset, language and the words we use are very important. Below are some ideas of things we all need to try thinking and saying...

DEVELOPING A **GROWTH MINDSET**



| INSTEAD OF.....              | TRY THINKING....              |
|------------------------------|-------------------------------|
| I'm not good at this         | What am I missing?            |
| I 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        |

### The impact of Praise on Our Mindset

Many children love praise and respond well to it. Praise is also an important element of teaching to support and encourage children. Focusing on successes and not the route that has been taken to get there can reinforce the expectation that we expect children to do well, work to be perfect and always achieve. This is something we all aspire to do but on a daily occurrence a goal many of us may not reach.

Praise such as "Wow you finished that quickly" or "no mistakes - that's brilliant" would imply that speed and perfection are what we value. These successes will be celebrated but we should also try to recognise the effort and perseverance of children and the importance of not giving up.

Learners often worry that doing poorly in a piece of work or making lots of mistakes means they simply cannot and will not be able to master that skill or carry out the test.

A favourite quote of mine is....

*It's not that you can't do it, you can't do it YET!*



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