



Growth Mindset at Holy Trinity and St. John's

Building resilience and perseverance

And a 'Can Do' attitude

"I'm no good at maths, he is like me."

"She'll never be able to spell."

"Not got a musical bone in her body, just like her Dad"

"He's naturally clever, he doesn't need to work hard."

Challenging these labels to enable all children to make progress.

TOPIC 2

The nurture group network

Prime Minister

Winston Churchill REPEATED a grade during primary school
He was placed in the **LOWEST** division of the **LOWEST** class

Composer

Beethoven's teacher called him a **HOPELESS** composer
He wrote five of his greatest **SYMPHONIES** while **DEAF**

Writer

Leo Tolstoy dropped out of college
He was described as both **"UNABLE"** and unwilling to **LEARN"**



The Wellbeing Toolkit

nurturegroups.org

Are people born smart?

Role models

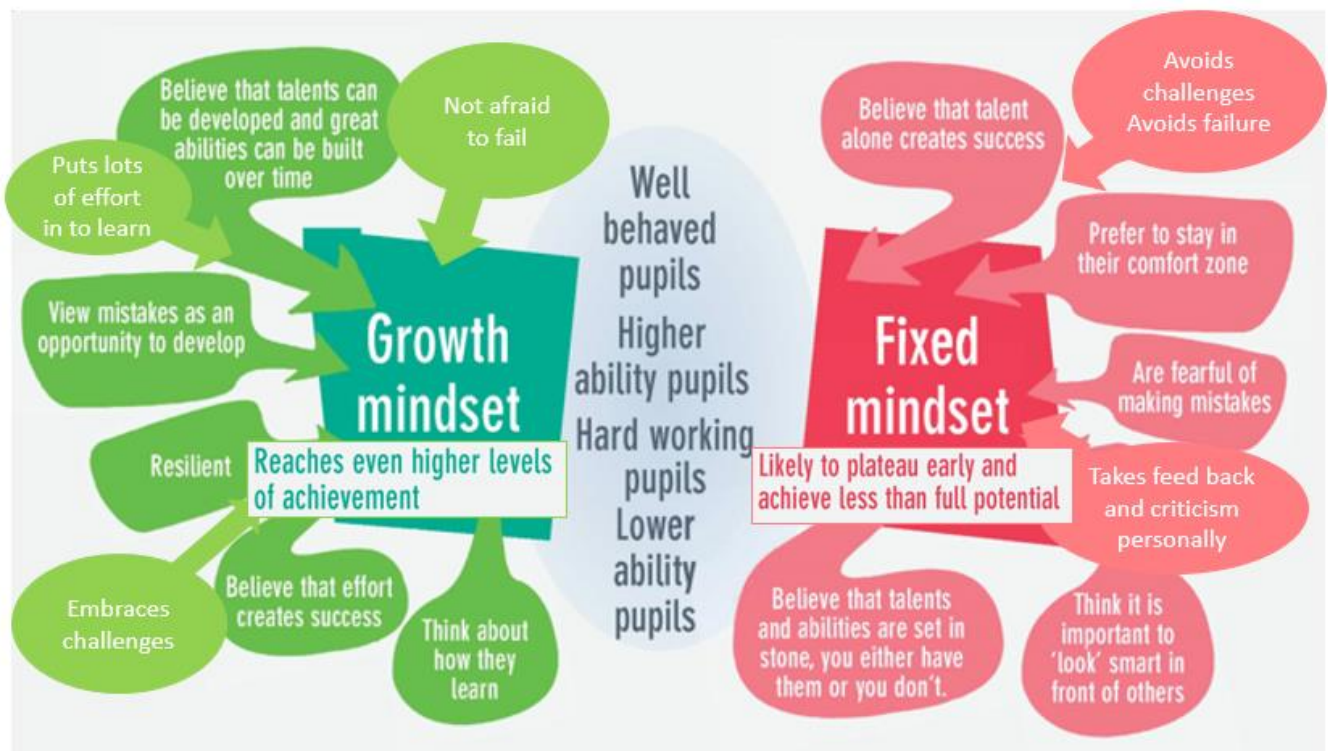
...**Einstein's teacher** said that he was 'academically subnormal'...

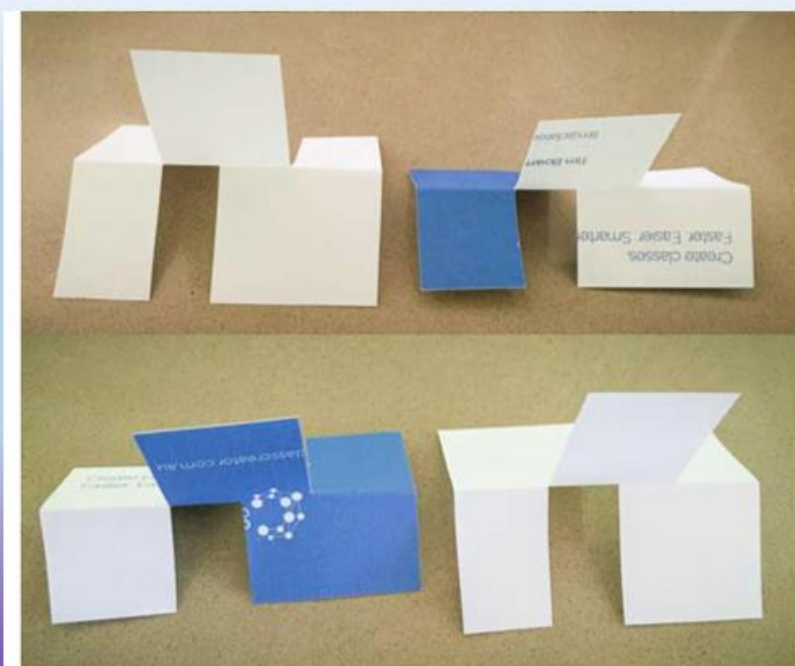
...**Michael Jordan's** coach said that he wasn't more talented than other people...

...**Walt Disney** was told that he lacked 'creative imagination'...

'People are **made,** **not born**'

The 'growth mindset'





So... how did you
feel trying this
challenge?

Did you show
Fixed or Growth
Mindset traits?



To develop a 'Growth Mindset' in
children we need to work in partnership
with you.

At Holy Trinity and St. John's we want to

- All children to see mistakes as opportunities to learn.
- All children to make progress from wherever their starting point is.
- All children to take risks and have a go especially when trying something new.
- All children to become resilient and not give up when learning becomes more challenging.
- All children to feel valued and celebrated for their effort, perseverance and progress.

Growth Mindset myths ...

It is not saying that all children can be geniuses at everything they try and do.

It is saying that with hard work, effort and perseverance all children can improve, achieve and reach high attaining goals if they, us as teachers and their family believe they can.

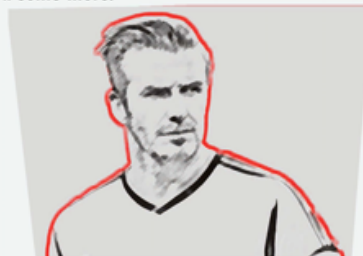
Examples of effort, perseverance and setbacks

"My secret is practice. I have always believed that if you want to achieve anything special in life you have to work, work, and then work some more."

David Beckham

Printable posters from TES
YouTube — famous failures

YouTube



Praise
is not a
villain

Praise effort,
perseverance,
motivation
and strategies
— process
praise

- Well done – you're learning to ...
- Good – it's making you think. That's how your brain is growing!
- Every time you practise, you're making the connections in your brain stronger.
- Be brave. Have another go. Maybe this time you could...
- You've worked hard on this and you've succeeded because of...x,y,z (*success criteria*)
- That picture has so many beautiful colours. Tell me about them.
- You can use this mistake. Think about why it didn't work and learn from it.

Is there such thing as a good
mistake?

A person who never made a
mistake never tried anything
new.

Albert Einstein

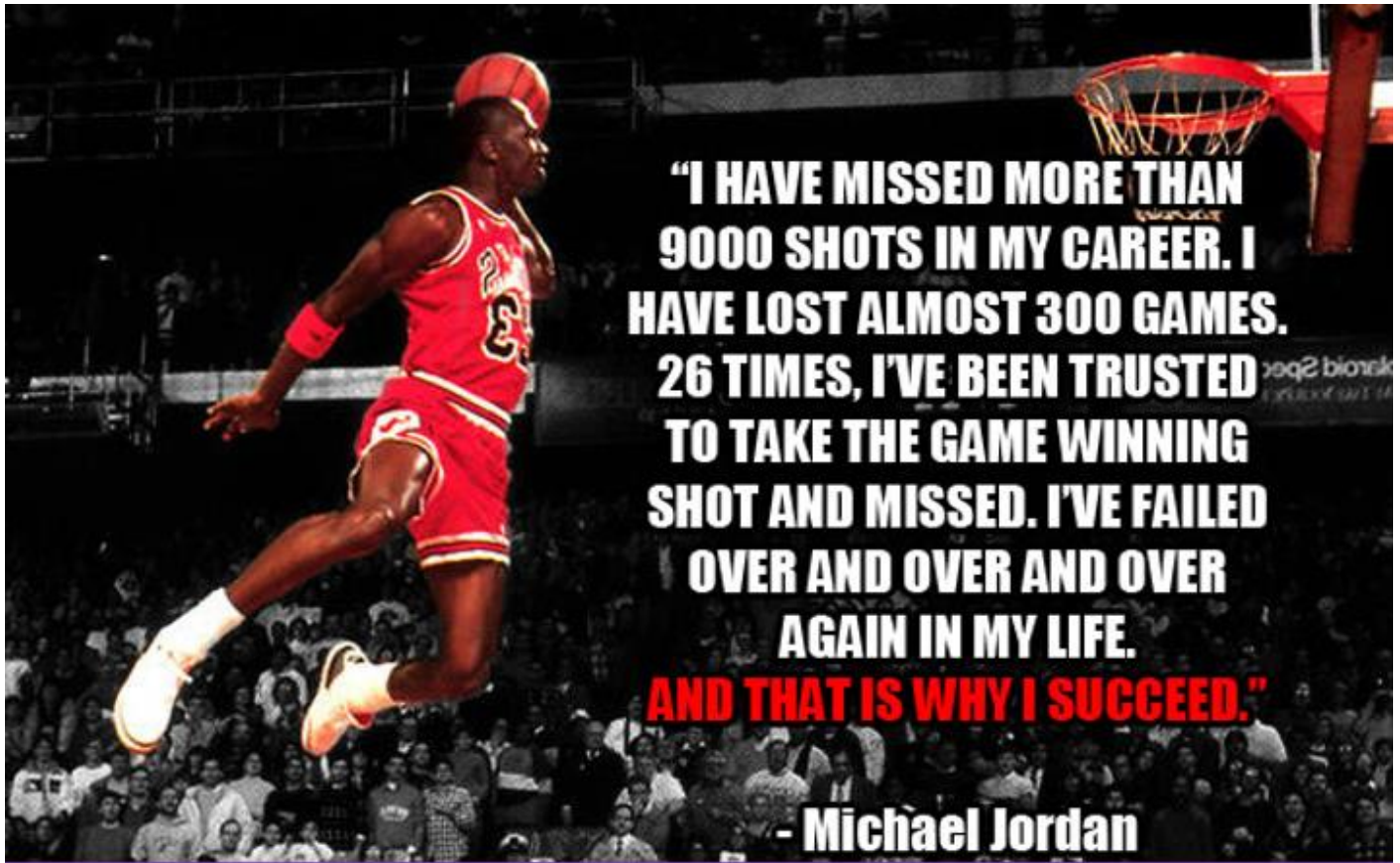
BrainQuest

A MISTAKE is only
a MISTAKE if you
DON'T LEARN
from it.

Mistakes are
PROOF
that you are
TRYING

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

Thomas A. Edison



Messages Child hears

- You learned that so **quickly!**
You're so **clever!**

Child hears

- If I don't learn something quickly, I'm not clever

Messages Child hears

- You are **brilliant!** You got an **A** without studying.

Child hears

- I'd better stop studying or they won't think I'm brilliant.



The good news is...

mindsets can be changed!

What would you do?

Nine-year-old Libby was on her way to her first gymnastics competition. Long-limbed, flexible and energetic, she was just right for gymnastics, and she loved it. She was a little nervous about competing, but she was good at gymnastics and felt confident about doing well. She had even thought about the perfect place in her room to place the trophy she would win. In the first event, the floor exercises, Libby went first. Although she did a good job, the scoring changed after the first few girls and she lost. Libby also did well in the other events, but not well enough to win. By the end of the evening, she had received no trophies and was devastated.

What would you do if you were Libby's parents?

1. Tell Libby that you thought she was the best.
2. Tell her she was robbed of a trophy that was rightfully hers.
3. Reassure her that gymnastics is not that important.
4. Tell her that she has the ability and will surely win next time
5. Tell her that she didn't deserve to win.

Here's what he actually said:

"Libby, I know how you feel. It's so disappointing to have your hopes up and to perform your best but not to win. But you know, you haven't really earned it yet. There were many girls there who have been in gymnastics longer than you and who've worked a lot harder than you. If this is something you really want, then it's something you'll really have to work for."

He also let Libby know that if she wanted to do gymnastics purely for fun, that was just fine. But if she wanted to excel in the competitions, more was required and that she should ask her coaches for guidance.

Libby took this to heart, spending much more time repeating and perfecting her routines, especially the ones she was weakest in. At the next meeting there were eighty girls from all over the area. Libby won five medals for the individual events and was the overall champion of the competition, for which she received a large trophy.



10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

TRY THINKING:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.

Carol Dweck

EverydayPowerBlog.com



Perseverance is not a long race;
it is many short races one after the other.



The Power of YET

"I don't get it."
"I can't do this."
"This doesn't work."

Take a deep breath. Go for a short stroll. Then add a "yet" to the end of your sentence:

As in:
"I don't get it... yet."
"I can't do this... yet."
"This doesn't work... yet."

It may not be easy, but it doesn't mean you're never going to meet the challenge.

