

# WELCOME TO PRIMARY 1



4 January 2022




# How parents can instill a **GROWTH MINDSET**

Parenting is really hard.  
Having a growth  
mindset helps.

"The direction in which  
education starts a man  
will determine his future in life."  
- Plato





Teaching your  
children to have a  
Growth Mindset is  
the most important  
lesson they will learn

Developing a Growth  
Mindset in your child  
*starts with YOU!*



**TELL ME AND I FORGET.  
TEACH ME AND I REMEMBER.  
INVOLVE ME AND I LEARN.**  
- BENJAMIN FRANKLIN

# Why the right mindset is so important for success in life

Fixed vs. Growth:  
Understand the two basic  
mindsets that shape our lives

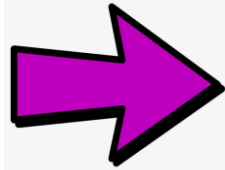
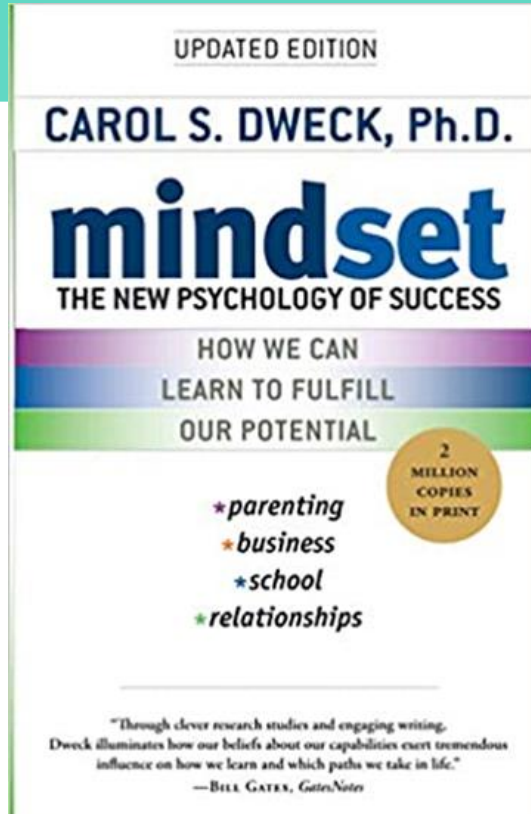
Strengthen the bond  
between parents and schools  
for the benefit of all

Education is the power to  
think clearly, the power to  
act well in the worlds work,  
and the power to appreciate  
life.

Brigham Young

  
[www.idlehearts.com](http://www.idlehearts.com)

# Dr. Dweck's research into growth mindset changed education forever



## A Growth Mindset Drives Motivation and Achievement



"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 S. Dweck

"Failure is an  
opportunity to grow"

## GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude  
determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try  
new things"

"Failure is the  
limit of my abilities"

## FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like  
to be challenged"

"I can either do it,  
or I can't"

"My potential is predetermined"

"When I'm frustrated,  
I give up"

"Feedback and criticism  
are personal"

"I stick to what I know"





# How to encourage Growth Mindset



**Fixed Mindset:** Feelings of powerlessness and learned helplessness.

## *Parents/Teachers with a Fixed Mindset:*

- Determine child's ability and teach accordingly.
- Make quick judgements on ability with little evidence.
- Stress normative evaluation over growth.
- Are less likely to plan concrete strategies for child's improvement.
- May comfort children for their lack of ability.
- Tend not to provide enough time for practice and improvement.

**Growth Mindset:** Feelings of empowerment to positively influence children.

## *Parents/Teachers with a Growth Mindset:*

- Focus on providing feedback, which describes child's progress and is aimed at correcting errors.
- Withhold judgements and waits for improvements.
- Focus on ensuring the task outcome can be improved by practice and hard work.
- Communicate the importance of making constant progress in their child's learning.

## Say This!

## Not That!

"Wow! You really worked hard on this!"

"Look at how smart you are!"

"Why don't we try a different strategy?"

"Maybe you're just not very good at this. Let's do somethin else."

"I had fun watching you do that activity."

"Man, you're a real natural at this!"

"I know this is easy for you, but let's try something more challenging to help grow you brain!"

"You got that done so quickly! Great job!"

"I see you're having a hard time with this. You didn't get it the first try, so why don't we use a different strategy?"

"Nope! That's wrong! Try harder. Maybe if you paid more attention in class and tried harder, you'd get this."

"I know this was difficult, but your hard work paid off. Next time, we're ready for a real challenge!"

"That was way too hard. I'm glad it's over with. I hope we never have to do that again!"

# Parents can have a powerful impact on their children's mindsets

The language you use and the actions you take show your children about what you expect.





# What should parents say?

## Say This

“You’ve worked hard to become a good writer. You should challenge yourself with an advanced class, and learn something you don’t know how to do yet.”



## Not That

“You have a real talent for writing. You should take a creative writing class because you’re so good at it.”



# Provide positive affirmations and feedback

I like the way  
you've tried  
different strategies.



I can see that  
you've worked  
really hard on this.



It's ok to ask  
for help if you  
need it.



What can you  
learn from this  
mistake?



You have found  
a creative way  
to do this.



I can tell that

What could you



How could you  
improve yourself



A great job  
working with  
others on this.



I can tell that

next time?



How could you  
improve this  
even better?



I knew you  
could do it!



Keep going, you  
will get there!



What do you  
think your  
next step is?



How could you



**Feedback focuses on effort  
rather than outcomes**



Talk about the brain

Accept mistakes are learning opportunities



Understand the role of emotions in learning

# 10 What Questions

## to Develop a Growth Mindset in Children

1. What did you do today that made you think hard?
2. What happened today that made you keep on going?
3. What can you learn from this?
4. What mistake did you make that taught you something?
5. What did you try hard at today?
6. What strategy are you going to try now?
7. What will you do to challenge yourself today?
8. What will you do to improve your work?
9. What will you do to improve your talent?
10. What will you do to solve this problem?



# Changing Mindsets



I can

I can \_\_\_\_\_

I can \_\_\_\_\_

I can \_\_\_\_\_

I can't \_\_\_\_\_

Yet!

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# Self-talk



1. I'm not good at this.....I can't do this yet.
2. I give up.....I'll use some of the strategies I have learnt.
3. It's good enough.....Is this my best work yet?
4. I made a mistake.....This was my first attempt in learning.
5. This is too hard.....If something is hard, it means I'm learning!
6. I'm really good at maths.....I understand this because I have been practising.
7. I will never be as clever as them.....I'm going to find out how they do that.
8. I can't do this.....This is going to take time and effort to master.
9. I can't make this any better.....Improvements can always be made.
10. They can't do it.....How can I help them to understand this?





# The Learning Pit

## Facing a Challenge

You may feel anxious, nervous, scared, excited or comfortable.



## Deep Learning

You may learn a sense of collaboration and concentration.



## Successful Learning

You should feel achievement and pride.



## Having a Go

You may feel interested, hooked and use prior knowledge.

## Problem Solving

You may feel anger, distraction, frustration, challenge, confusion or uncomfortable.

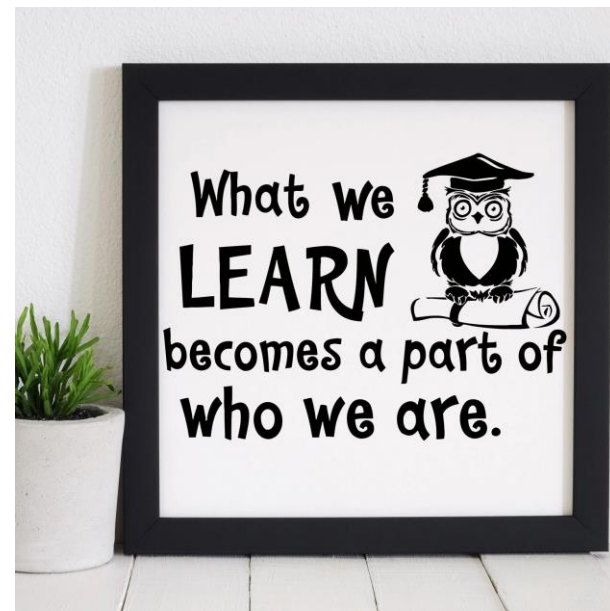


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# Strengthen the bond between parents and schools for the benefit of all

- When parents and teachers have strong relationships, children get many **academic and social benefits**.
- Being involved with school helps you to build strong relationships with teachers and other staff.
- Build relationships at primary school by helping in the classroom, going on school excursions, volunteering as parent support group etc...





Change is the end  
result of all true  
learning.

*Leo Buscaglia*

# THANK YOU!



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