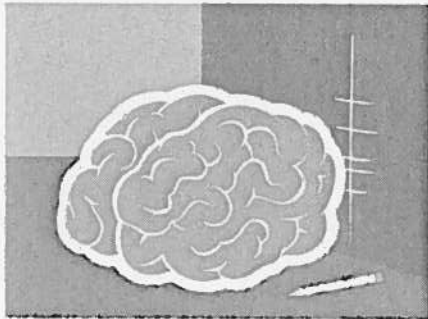




Holy Family School: A Growth Mindset School June 2016



Ideas for Creating a Growth Mindset at Home



Did you know that 75% of student achievement is based on psychosocial skills that must be deliberately developed. The important skills we can help our children develop include:

- Perseverance
- Self-confidence
- Resiliency
- Coping skills for disappointment and failure, and
- The ability to handle constructive feedback.

As the school year winds to a close, here are some great ideas for creating a growth mindset at home over the summer break:

- Whenever you hear your child say "I give up" or "I just don't get this," remind your child to visualize neurons connecting every time he or she learns something new.
- Share with your child some things that you have not yet mastered and

your plan for practicing and building stronger connections in your brain.

- Choose books to read with your younger children that highlight characters that demonstrate these skills. Discuss with your child.
- When watching TV or a movie with your kids, talk about a character's strength or lack of perseverance or resiliency. Ask your children how the situation or story would be different if the person did or did not have this skill.
- Name the psychosocial skills words and use phrases that represent these around the house. For example, you might say, "My supervisor gave me some constructive feedback about how I can do my job better. I am grateful for that because she gave me some new things to try" or "I was watching you (climb that tree, play that video game, figure out the new cell phone, etc.) today, you really showed determination and perseverance!"

