

Growth Mindset

*Don't let what you can't do get in
the way of what you can do.*

John Wooden

While we wait to start -
Please complete an opening questionnaire
& feel free to have a look at the
resources around the room.



A pause for thought

- It's normal not to wake every day genuinely pumped full of energy, buzzing, raring to go. Think about it for a moment. It's normal. You're normal.

(Cope, Oattes & Hussey, 2019)



Introduction

Emma

Carie

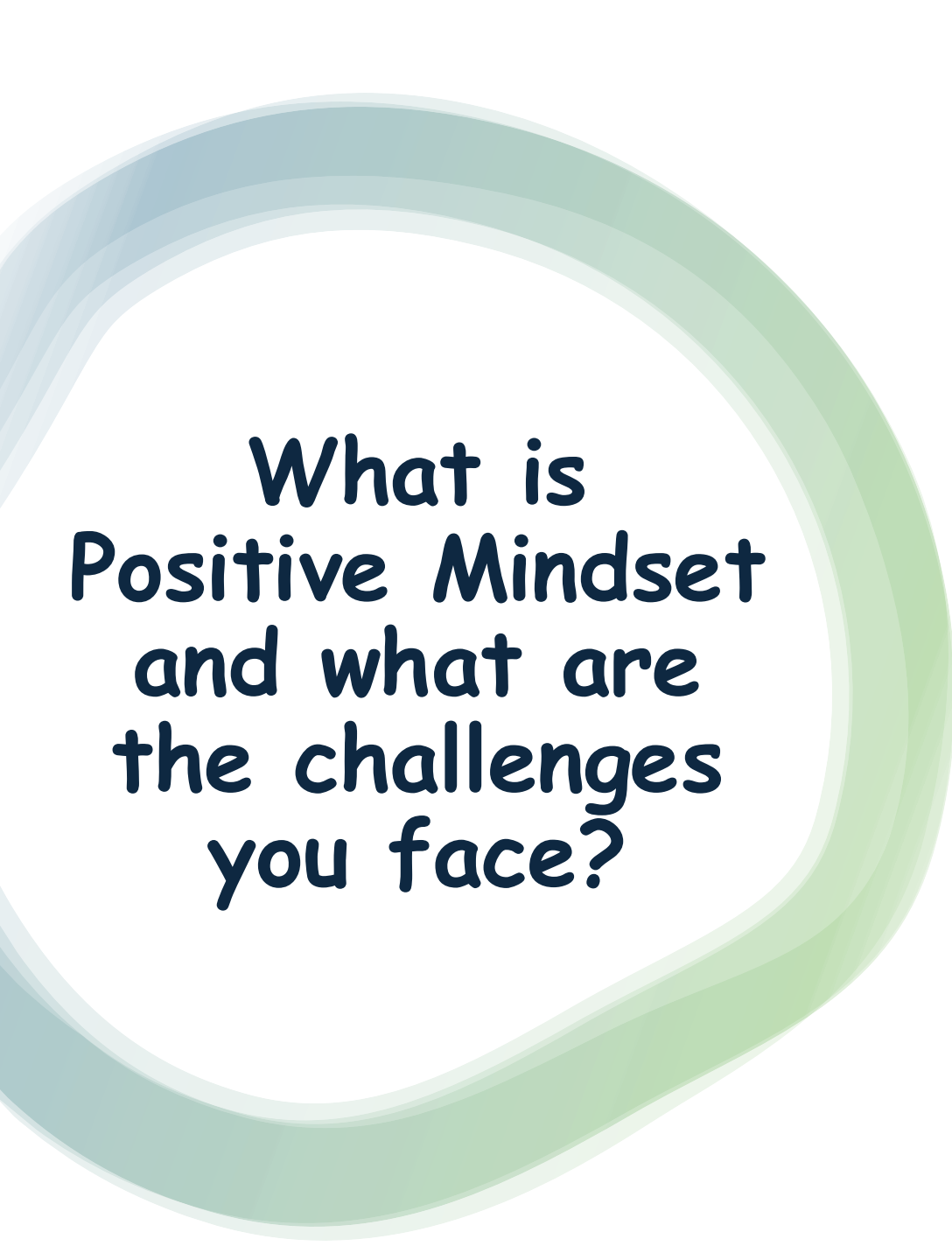
Sara

Claire



Aims and Objectives

- To understand what a positive mindset is
- To shift the focus from the negative to the positive
- To be able to move forward with the power of YET!
- To start to build a personal toolkit



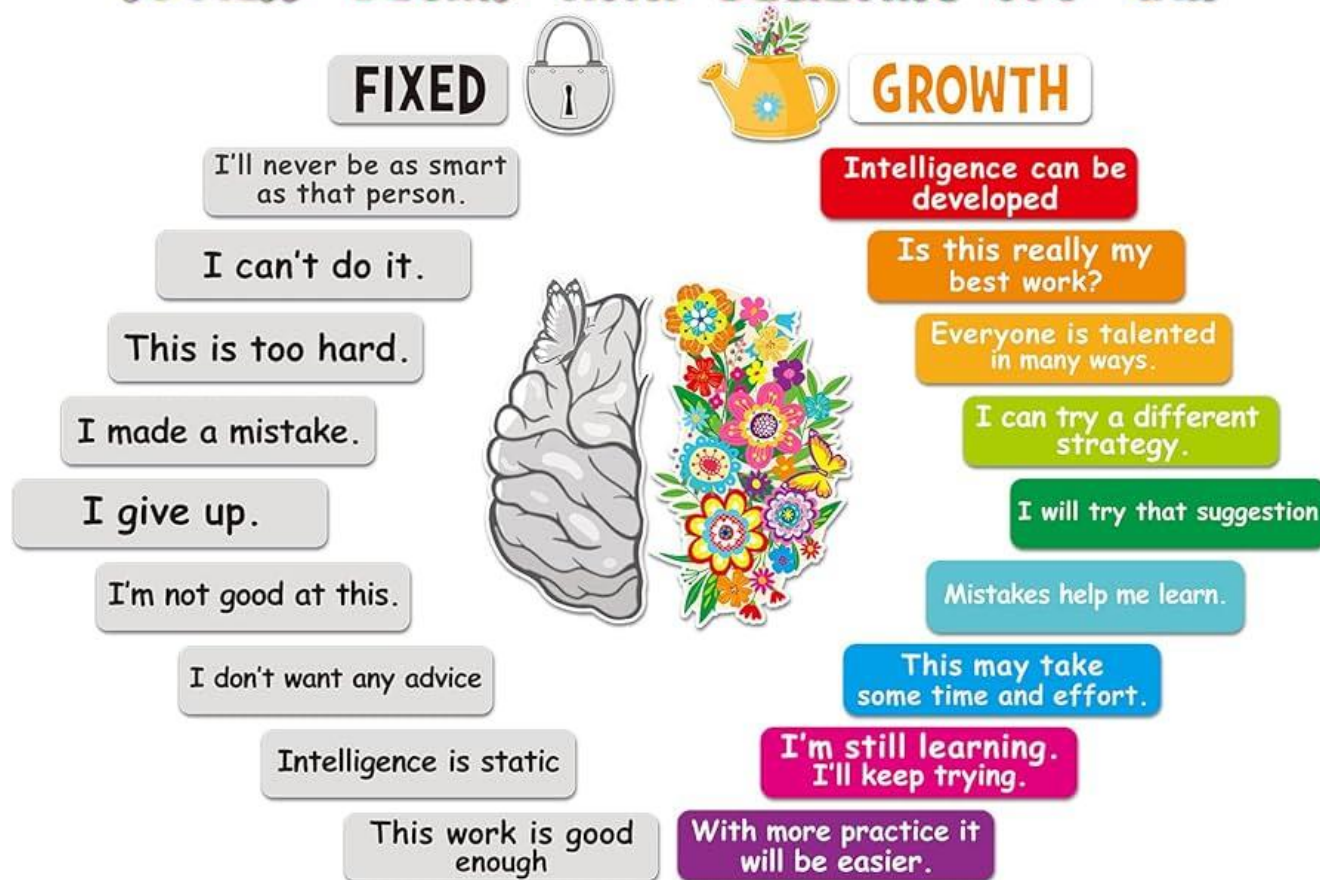
**What is
Positive Mindset
and what are
the challenges
you face?**

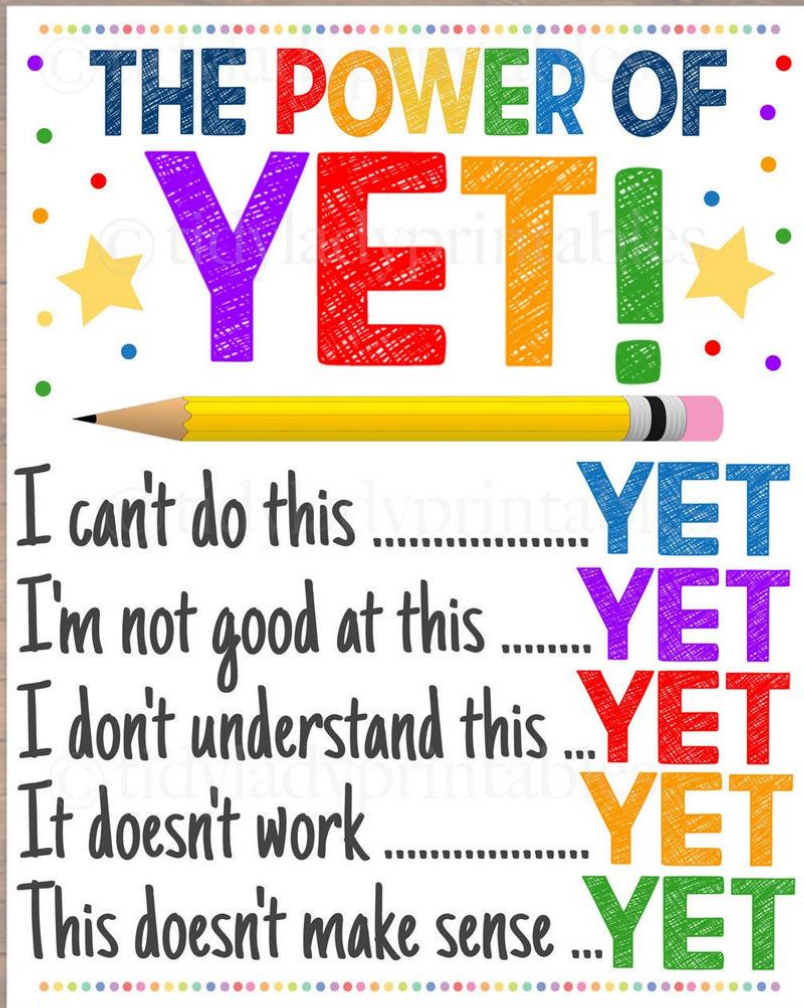
When you hear the words '**Positive Mindset**' or '**Growth Mindset**' what springs to mind?

What challenges do you face?

What challenges do your children face?

CHANGE YOUR WORDS CHANGE YOUR MINDSET SUCCESS BEGINS WITH BELIEVING YOU CAN

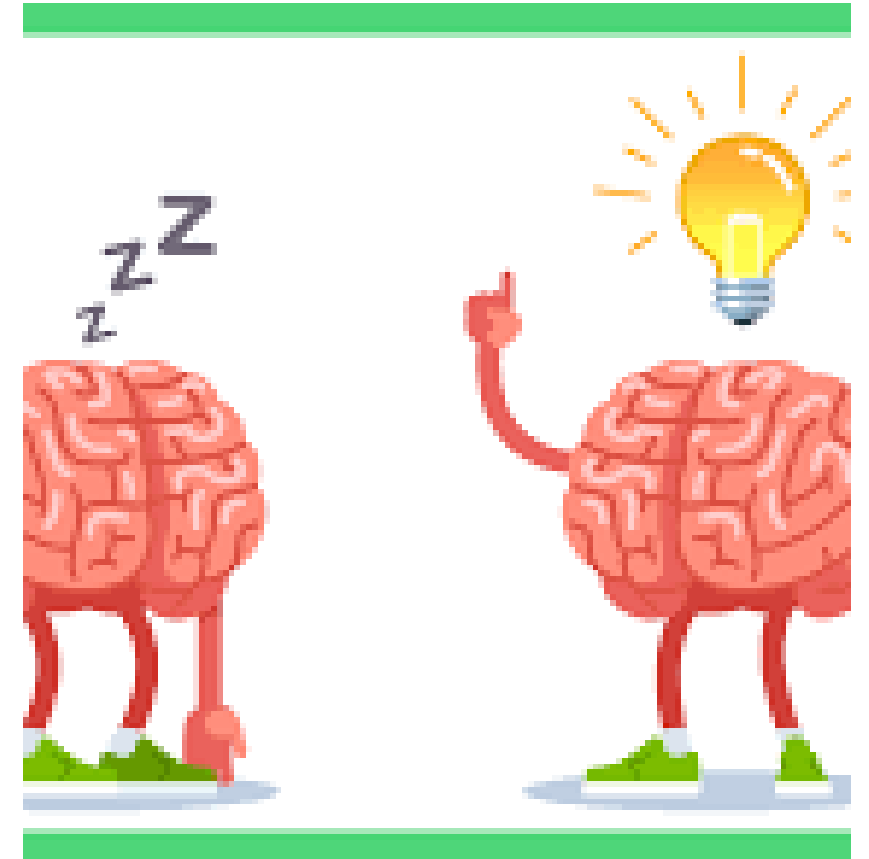




<https://www.youtube.com/watch?v=XLeUvZvuvAs>

Carol Dweck - Insight

- An American Psychologist whose work mainly focuses on the role of motivation and self-belief.
- Two groups of people.
- This way of thinking influences how we learn and motivate ourselves.
- The power of yet - is a learning curve on the path of progression.
- The brain's ability to change, to grow and learn. The more we practice something; new neurons are formed which help the brain to grow.
- Teaching children the strategies to overcome setbacks.
- To teach a growth mindset, first you must have a growth mindset.





"THE WAY I SEE IT, EVERY LIFE IS A PILE OF GOOD THINGS AND BAD THINGS. THE GOOD THINGS DON'T ALWAYS SOFTEN THE BAD THINGS BUT VICE VERSA, THE BAD THINGS DON'T NECESSARILY SPOIL THE GOOD THINGS OR MAKE THEM UNIMPORTANT."

Life skills

- The Impact of Covid.
- Living a scary and uncertain world.
- What can we do as parents/carers?
- Holding on to hope.



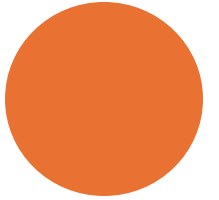
Resilience

- ❖ Resilience is the ability to cope with difficult situations, learn from experience and develop the strength to take on future challenges.
- ❖ For children resilience has many benefits, from problem solving skills and the ability to manage change, to improved mental health and wellbeing.
- ❖ It is important to remember that resilience is something that can be strengthened and supported throughout our lifetime.
- ❖ It's important to build resilience-boosting into everything we do with children, so that we support their well-being and life-long learning.

Parents role - The facilitators of brave

The power of our belief in them is transformational.

- You have believed in them through their self-doubt many times before and they have grown because of this.
- Think about when they were learning to walk....
They would have bumped, bruised and fallen down over and over again. But you knew they could do it, so you helped them to keep trying.
- You didn't protect them from walking.
- Because of the strength that came from every fall, they learnt to walk.
- We need to believe that they CAN do it.



Helping our children build resilience



<https://youtu.be/O7hvy9gHS4M>



0:17 / 1:37



if you get tired,
learn to rest,
not to quit.

+ Banksy



Guiding our children

- Our children see us at our best and at our most vulnerable.
- Our children see us feeling exhausted, sad and frustrated etc, so they know that sometimes we have to do hard things.
- Think of these times as key growth opportunities for our children - because when they see us move through difficult things, it opens up the way for them to do the same.

Dealing with the challenges

- **Consider time and space to vent**

Homework/Swimming/Friendships/'It's too hard'

- **Check your battery**

Think about putting your oxygen mask on first

- **Think Maslow - Check on basic needs first**

Food, sleep, well?

- **Timing**

The right time to support positively is important

- **Celebrate progress not perfection!**



HOW TO HANDLE NEGATIVE SELF-TALK IN KIDS



Empathize

Acknowledge the hard time they're having.



Correct them

Teach them to use positive thoughts.



Me too

Talk about similar situations you've gone through.



Model Positivity

Show them what optimistic thinking looks like.



The power of "yet"

Add "yet" to the end of their negative talks.
"I can't do this." "...yet."



Remind them

Redirect their focus to things they have already accomplished.



The Speech Practice

THE 9 MOST IMPORTANT
MINUTES OF YOUR
CHILD'S DAY



THE FIRST THREE
MINUTES—RIGHT
AFTER THEY WAKE UP

THE THREE MINUTES AFTER
THEY COME
HOME FROM SCHOOL

THE LAST
THREE MINUTES
OF THE DAY—BEFORE
THEY GO TO BED

IT'S OKAY



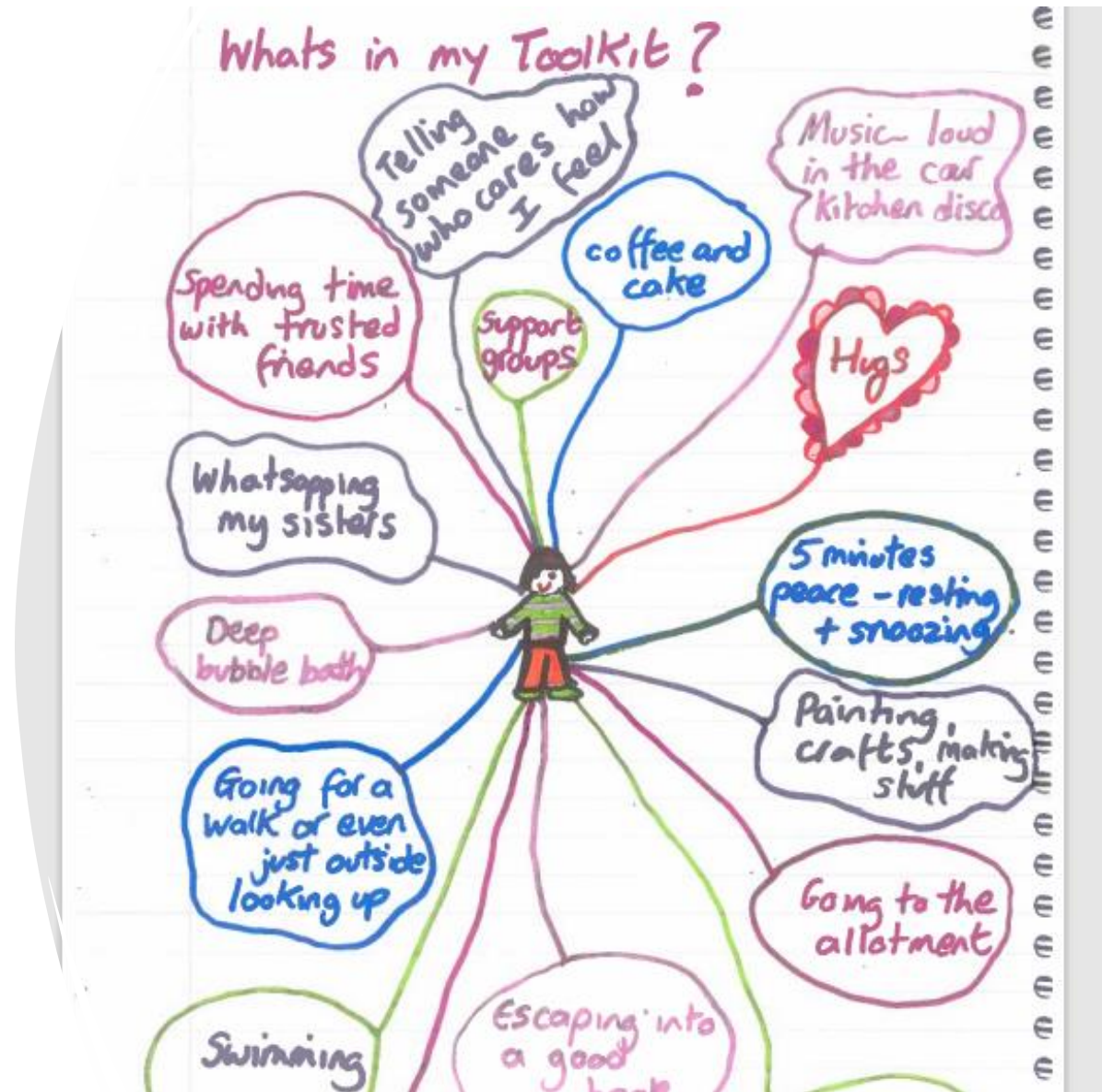
- * TO MAKE MISTAKES
- * TO HAVE BAD DAYS
- * TO BE LESS THAN PERFECT
- * TO DO WHAT'S BEST FOR YOU
- * TO BE YOURSELF

Stick with us

- Are your own childhood/home/school experiences coming into the situation?
- Be open about the struggle and the fear: listen and reassure-life can be very tricky.
- Creating a resilience toolkit which is unique to the child.
- Building self- esteem and hope for the future. Celebrate the successes however small.
- **If you don't give up, you can't fail....**

What's in my toolkit

Activity...



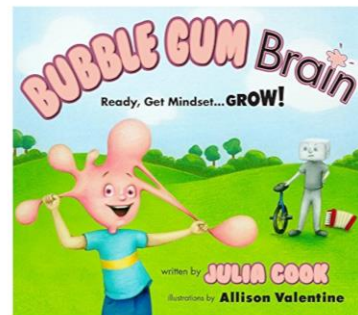
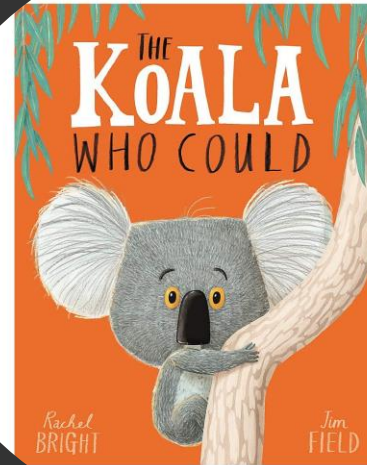
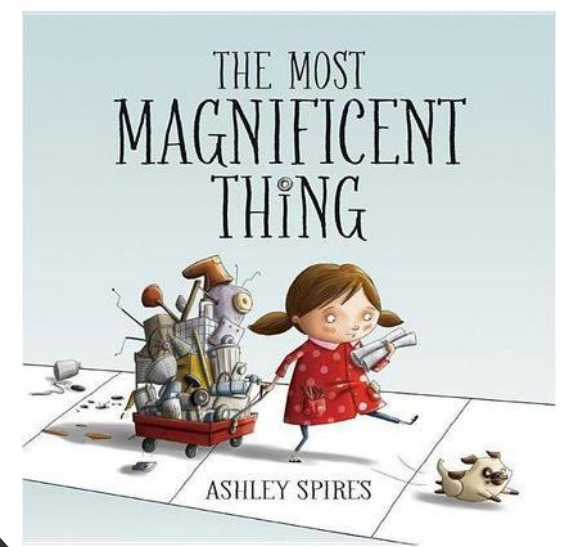
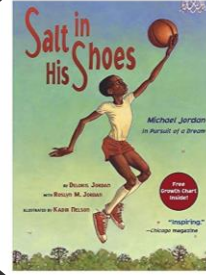
Changing our way of thinking

- The future's so bright, you're gonna need shades!
- Brain development
- How we speak
- Reframing the sentences (group work) Sentences on the screen.
- Children are like small seedling
- Children with a GM have a more positive outlook on learning.

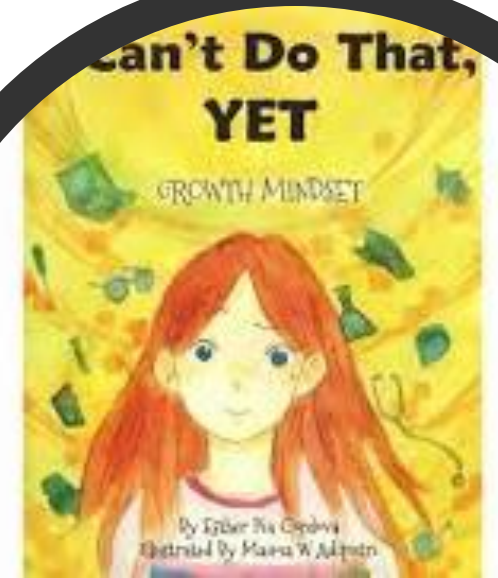


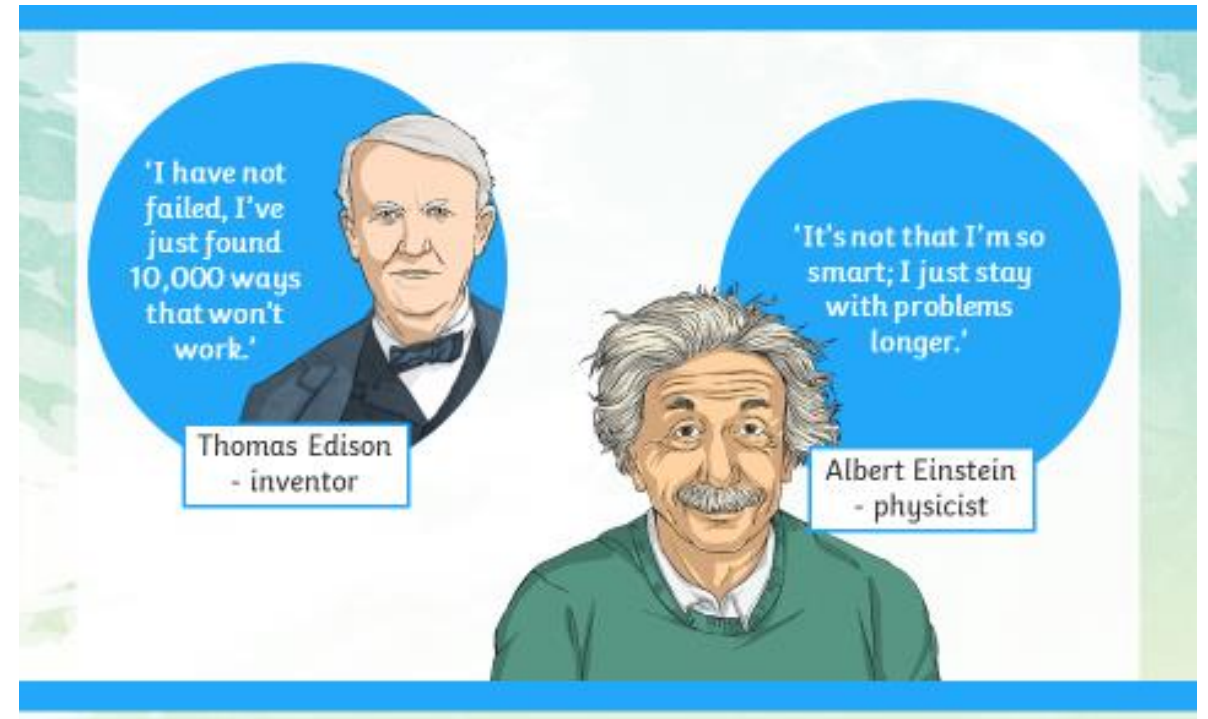
Stories

- Success
- Determination
- Feelings of pride (child and parent for child)
- Resilience
- Reminding the child that they have done this before, and it was ok
- Positive affirmations
- Overcoming obstacles
- Learning from mistakes
- Accepting constructive feedback



★★★★★ 1,042





Inspirational People



Snap shot

The power of Yet!

This is an approach not
a quick fix

Resilience can be
strengthen & developed

Give it time

Believe in them

Don't give up

Look after you & be
kind on yourself

A high-angle photograph of a winding asphalt road that curves through rolling green hills. The hills are covered in lush grass and some patches of brown vegetation. A small white car is visible on the road, traveling away from the viewer. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. A large, semi-transparent white circle is overlaid on the right side of the image, containing text.

**We can't change the
road for the child -**

**We can't take the
bumps away**

**We can put life into
context for them**

**We can help them deal
with the challenges**

**Remember - it's all part
of the journey**

Growth Mindset

*Don't let what you can't do get in
the way of what you can do.*

John Wooden

Thank you for coming
Please complete a closing
questionnaire



References

- Video - <https://www.mindsetworks.com/parents/growth-mindset-parenting>
- <https://www.bbc.co.uk/cbeebies/grownups/help-your-child-try-new-things>
- A guide for parents - <https://blogs.glowscotland.org.uk/st/public/bpsgrowthmindset/uploads/sites/3477/2015/12/DEVELOPING-A-GROWTH-MINDSET-parents-Dr-Carol-Dweck1.pdf>
- Growth Mindset v Fixed mindset quiz - <https://www.londonacademyofit.co.uk/blog/interactive-quiz-fixed-vs-growth-mindset>

Growth Mindset workshop

Opening questionnaire

Your name	
Children's names & ages	

What do you hope to get out of today's workshop?
On a scale of 0-10 - How much do you feel you know currently about the topic of 'Growth Mindset?'
Please circle - ☹ (I don't know anything) 1 2 3 4 5 6 7 8 9 10 ☺ (I know lots)
Any additional comment?
On a scale of ☹ 0-10 ☺ - How confident are you in supporting your child with their own 'Growth Mindset'?
Please circle - ☹ (I don't know anything) 1 2 3 4 5 6 7 8 9 10 ☺ (I know lots)
Any additional comment?

Growth Mindset workshop

Closing questionnaire



On a scale of 0-10 -

How much do you feel you know NOW about the topic of 'Growth Mindset?'

Please circle - 😞 (I don't know anything) 1 2 3 4 5 6 7 8 9 10 😊 (I know lots)

Any additional comment?

|

On a scale of 😞 0-10 😊 -

How confident are you in supporting your child with their own 'Growth Mindset following the workshop'?

Please circle - 😞 (I don't know anything) 1 2 3 4 5 6 7 8 9 10 😊 (I know lots)

Any additional comment?

On a scale of 😞 0-10 😊

How helpful has this workshop been for you? -

Please circle - 😞 (It wasn't helpful) 1 2 3 4 5 6 7 8 9 10 😊 (Really helpful)

Any additional comments, ideas, suggestions or support or information you would like following today?

*Thank you for you attending the workshop today and for your time completing our questionnaires
Goodbye for now and take care, from Emma, Carie, Claire & Sara*

