

Growth Mindset at Folly Hill

We believe that Growth Mindset is important as it can result in-

A love of learning and self-improvement

A desire to be challenged

A belief that can do it with practice, perseverance and effort

Children knowing it is okay to make mistakes and that we learn from our mistakes

Having emotional resilience

Being self-motivated

Effort is...

The secret to success. The more targeted effort you put in, the more you will get out.

Mistakes...

Mistakes are a fantastic opportunity to get feedback, to learn and to grow. Help your child to see that mistakes are crucial in life and do not mean failure. They provide great opportunity for motivation and growth. Recognise that when working outside of their comfort zone, they are likely to make mistakes that they can learn from.

Yet...

A small and empowering word... 'YET'. When you hear your child say, 'I can't do it'... rephrase the statement and add the word 'yet'. "You can't do it yet".

In school we encourage the children in their learning to change their growth mindset by-

If they face a challenge, know that they may feel-

Confused

Frustrated

Nervous

Upset

Feel like giving up

To overcome these feelings-

Don't panic

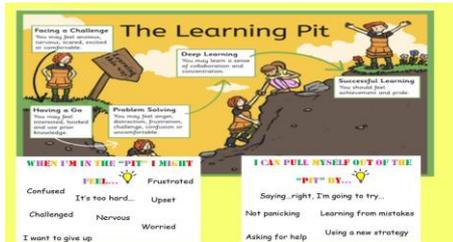
Use a new strategy

Say "right I'm going to try this

Learning from my mistakes.

The learning pit-

We use the learning pit in our classroom to remind us of these techniques.



How can you help at home?

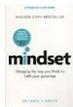
Avoid labels-

Don't label yourself in ways that model a fixed mindset (e.g. "I'm a terrible cook" ... "I was never very good at maths.")

Praise and value effort, practice, self-correction and perseverance.

Help your children become curious about mistakes- help them to think of their mistakes as new information or as a step in the process of learning.

Further reading- 'Mindset: How you can fulfil your potential' by Professor Carol Dweck



"Making your mark on the world is hard... It takes patience, it takes commitment, and it comes with plenty of failure along the way. The real test is not whether you avoid this failure, because you won't. It's whether you let it harden or shame you into inaction, or whether you learn from it; whether you choose to persevere." – Barack Obama

"I have failed over and over and over again in my life. And that is why I succeed." – Michael Jordan

"Think like a queen. A queen is not afraid to fail. Failure is another steppingstone to greatness." – Oprah Winfrey