

### What does it look like?

Growth Mindset is believing that your abilities are cultivated through effort. With a growth mindset, students continually work to improve their skills and view mistakes as opportunities to learn. They are resilient learners, continuing to try, even when facing great challenges. Using encouraging affirmations and positive quotations can help negative thought patterns evolve into positive ones.

### How?

1. Determine where the most positivity is needed. For example, is your child most fearful of making mistakes? Is your child unwilling to try new things?
2. Choose a statement that provides a positive spin on the negative patterns you have observed in your child's thinking.
3. Talk about the statement. Ask what they think it means. Share your thoughts.
4. Share the plan on how to use this statement at the start of each day and to help when feeling a certain way (e.g. frustrated, discouraged, etc.). For example, when feeling frustrated, the plan may be for your child to say this statement quietly or read the statement taped to the workspace.
  - Start each day reading or saying this statement together. Creating patterns of positive thinking takes consistency. This will help to keep the encouraging statement in the front of the child's mind, increasing the chance of using it when strong feelings occur.
  - Copy the affirmation or quote on a notecard and place it on the child's workspace.

### Quotation Examples

#### **Making Mistakes**

"If you can't make a mistake, you can't make anything."

"That is why a pencil has an eraser."

"Mistakes are motivation to try again."

"Comeback is always stronger than the setback."

"Adults make mistakes too & learning new things can be challenging."

#### **Working Through a Challenging Task**

"All things are difficult before they are easy."

"There is no elevator to success. You have to take the stairs."

"Believe you can and you are half-way there."

"Nothing is impossible. The word itself says 'I'm Possible'."

**Books** are a great way to naturally build in social and emotional learning opportunities. There are many children's books promoting growth mindset. Some titles include: *The Girl Who Never Made Mistakes*, *Drum Dream Girl*, *Beautiful Oops!*, *Jabari Jumps*, *The Book of Mistakes*, and *When Sophie Thinks She Can't*. For more books promoting social-emotional skills, visit the [LCPS MTSS website](#).