

9 WAYS

TO TEACH YOUR KIDS ABOUT GROWTH MINDSET

1. Explain Growth Mindset

Talk to your kids about growth and fixed mindsets. Let them know their brains are like muscles: the more they use them, the stronger they get. Anyone can learn and get better with practice and perseverance.



2. Discover the Power of "YET"

By adding the word "YET" at the end of a sentence, you are opening the door to learning and growth by affirming that even though it hasn't happened yet, it will in the future if you keep working towards it.



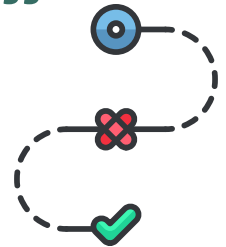
3. Set Mini-Goals

Setting small, achievable goals that can be mastered, will lead to more confidence in the process it takes to reach larger goals. Make sure they are Smart Measurable Achievable Realistic and Timely (SMART) for best results.



4. Praise the Process

Praise the learning process, not just the effort they made. Let them know that it is the process of trying a new strategy, of not giving up, or asking for help, all lead up to the success of learning something new.



5. Normalize Mistakes

When we normalize mistakes and failures as pathways to improvement, we teach our kids that it's O.K. to fail, because it helps them discover new knowledge. Offer words of advice on how to correct the problem and let them move forward.



6. Grow Your Expectations

When we promote higher expectations in our keiki, they will rise up to meet them. When we believe in our child's ability to improve and grow, they start to believe in themselves. Always make sure they have the supports needed to reach those higher goals.



7. Share Your Own Struggles



Talk openly to your children about your own struggles, mistakes and failures, and how you overcame them. Let them know they are not alone in their struggles and you will be there to support their learning every step of the way.

8. Ask for Help

Teach your kids that when they get stuck, asking for help is a valuable tool and in not something to be embarrassed or ashamed of, but a valuable step towards learning and understanding.



9. Give it Time



Explain that some things take time and effort to master, and that is O.K. If something is hard, don't give up on it, try a new way, or strategy and keep practicing until the pathways in the brain strengthen and the skill is mastered.