**Promoting a Growth Mindset Environment at Home.**

**Replacing Fixed Mindset Statements**

Be sure to be aware of your own self talk- especially in front of your children. Believe that you can accomplish just about anything with perseverance, resiliency and the right set of strategies. Practice having a growth mindset so that your kids will have one too!

|  |  |
| --- | --- |
| **Fixed Mindset Statement** | **Growth Mindset Replacement Statement** |
| You are just like me, Math was not my best subject. | You may need to work harder in math, but you will get it. . . you are just not there yet. |
| You are so smart, this should be so easy for you. | You work hard and have learned a lot. If you get stuck, try some things that might help you before you ask for help. |
| Wow! You are just like Dad- he was a great athlete just like you! | Dad practiced every day to become a good athlete. I can see that you are working hard too! |
| It is ok if you are not very creative, there are other things that you are good at. | Let’s do things that will help stimulate your creativity- everyone can be creative! |
| I expect A work from you. You will not get anywhere in life with B’s and C’s. | I expect you to work hard, not give up and to try different strategies when you get stuck. Having a good work ethic will get you far in life! |
| You have such a talent for art- you should enter some competitions! | You have really worked hard practicing your drawing and it shows! Look at some of your drawing from last year and compare them to now- you have made a lot of growth! |
| Why do you keep making the same mistake over and over? | I admire how you are sticking with it even though it is a struggle- think of a new way to approach this and give it a try. It’s fine if it doesn’t work, we learn from what doesn’t work! |

**Now…you try some….**

|  |  |
| --- | --- |
| **A Fixed Mindset Statement That I Sometimes Say to my Child** | **A Growth Mindset Statement that Could Replace It** |
|  |  |
|  |  |
|  |  |