



# Bring Creativity Home

## Growth Mindset Workbook

Your child's ticket to a fulfilling life journey!

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# Hi, I'm Chelsea



Welcome to this brief course on Growth Mindset!

I strongly urge you to actively participate in the material to make the most of your time!

Take notes, discover ways to incorporate a growth mindset into your daily life and enjoy the process.

By investing in your growth as a parent to enhance your child's development, you are embarking on an exciting journey of transformation and I can't wait to witness your progress!

Bring Creativity Home

Thank you for your interest in embracing a more joyful and creative parenting journey! I am the founder of Bring Creativity Home, a passionate parent and a dedicated creator of unique Yes! Spaces that inspire children to tap into their own creative potential.

My goal is to assist families with young children in cultivating an environment that fosters fun and creativity, allowing each child to shine without limitation.

As a dynamic mother of two boys and with a background in art, as well as 17 years of experience collaborating with leading museum professionals in informal education and exhibit design, I took it upon myself to nurture my children's creative development. I wanted them to grow into confident, well-rounded individuals with resourcefulness, shaped by firsthand creative experiences that would shape their unique perspectives and unwavering self-assurance.

My personal journey of research and exploration has transformed into a mission to help others achieve the same. And now, I am thrilled to share this journey with the world, starting with you!

[bringcreativityhome.com](http://bringcreativityhome.com)







# Growth Mindset

## Growth Mindset Thinking

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**I'm a problem solver.**

**My hard work and effort has paid off.**

**A good attitude is important in learning.**

**Building your resourcefulness will give you the ability to achieve whatever you want.**

**Become comfortable with things not working out the first time.**







# Growth Mindset

## Process Praise Not Person Praise

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I appreciate that you cleaned up without being asked.

**You're such a good kid.**

I like how you used different strategies to figure out the problem.

**You're so smart!**

Your effort in learning to paint is easy to see by the detail in your picture.

**What a brilliant artist you are.**









# Growth Mindset

## Experimentation

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**I can learn from my mistakes.**

**I can't do that yet.**

**When I work hard and practice consistently I can make my brain grow stronger.**

**Anyone is capable of practicing and working at something to get better at it.**

**My parents, teacher and coaches give me feedback about my work so that I can do better in the future.**

Art and creativity is a wonderful vehicle for accepted experimentation! Think of ways you can use art and creativity to teach your child about the power of prototyping and iteration to improve skill and understanding.

# Growth Mindset

## Phrases to start the day

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### Today I will:

- Have a good learning attitude
- Be an active learner and grow my brain
- Be a mindful problem solver
- Be resourceful when confronted with a challenge
- Make learning accessible by emphasizing the process of learning, not just the outcomes

As a family develop your own morning mantras that will help each of you start the day with a growth mindset..

# Growth Mindset

Find more ways to use art to support your child's growth mindset.



## Email

[focusURpower@gmail.com](mailto:focusURpower@gmail.com)

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Learn how to design a custom creative space or hire me to do it for you.

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# Growth Mindset

## Further Reading and Reference



### For Adults

- Carol Dweck - Growth mindset expert with many published works and [Tedx talk](#) The Power of Yet
- The Growth Mindset Coach, A Teacher's Month-by-Month Handbook for Empowering Students to Achieve, By Annie Brock and Heather Hundley

### For Children

- The Magical Yet by Angela DiTerlizzi
- Your Fantastic Elastic Brain by JoAnn Deak, PhD