#### Bring Creativity Home Growth Mindset Workbook

Your child's ticket to a fulfilling life journey!

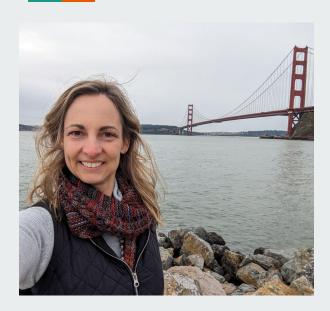
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Bring Creativity Home

bringcreativityhome.com

https://learn.zoho.com/portal/bringcreativityhome/course/growth-mindset

#### 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!

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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 informal in 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!

While going through the course, make sure to write down your thoughts and ideas. Reflect on occasions when you've exhibited a fixed or growth mindset, and consider how it influenced your decisions or actions.



Observe those around you and see if you can determine by their language and actions what mindset they have.

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Fixed Mindset Definition: Everyone is born with a fixed amount of intelligence and ability.

Write down instances when you've noticed yourself adopting a fixed mindset. Reflect on the impact it had on your experiences. At times were you able to change your mindset? How did your mindset impact your outcome?



Remember to use the power of YET!

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Growth Mindset Definition: Everyone is born with the ability to learn and everyone is at a different place in their learning.

Create a list of things for which you have embraced a growth mindset. Describe how this mindset influenced your capacity to learn and grow. Choose one example that you can share with your child. When recounting the story, highlight key moments that demonstrate the transformative power of mindset.



Stretch your mind to acquire new abilities and maintain the optimism to keep trying.

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**Growth Mindset Thinking** 

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.

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Person Praise: To praise intelligence or talent.

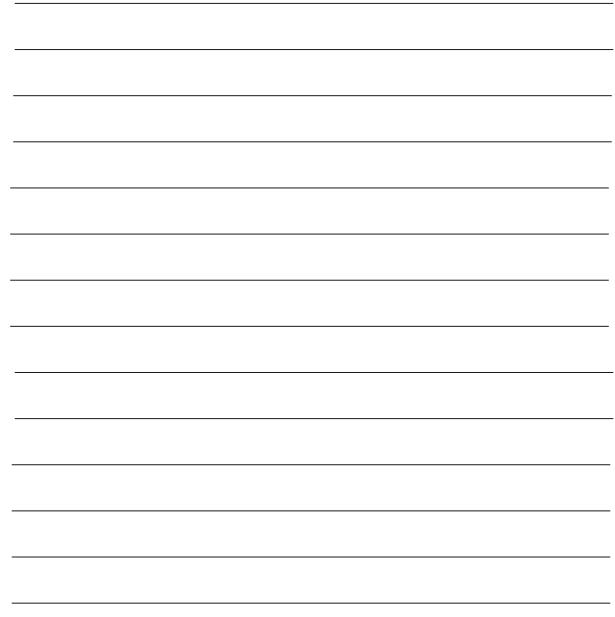
Identify any common phrases you frequently use that primarily involve person praise. For each phrase, modify it to highlight the process and effort it took to reach that level of accomplishment. Make sure to emphasize the steps taken rather than solely focusing on the person's inherent abilities.


Always keep in mind that the most effective teachers prioritize teaching the process of learning over solely emphasizing the outcomes. They encourage students to embrace challenges, engage in problem-solving, and view failed attempts as crucial elements of the learning journey.

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Process Praise: Points out the effort involved in learning and growth.

Generate a list of 3-5 strategies that you can employ to support and demonstrate the act of stretching yourself to acquire a new skill or ability, while also maintaining the optimism and perseverance to keep trying.



Recall an "a ha!" moment from your childhood when you tried in spite of initial failures to overcome a challenge. Think about how it helped you shape your attitude about learning and growth.

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#### **Process Praise Not Person Praise**

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.

Recall the math game that illustrated the concept of pushing beyond your comfort zone and how it leads to the creation of stronger neural connections in your brain, ultimately making you smarter over time.

Brainstorm various approaches through which you can effectively demonstrate to your child the idea that putting in effort and embracing challenges can result in personal growth and increased strength.


Remember Andria Zafirakou, the Global Teacher Award Winner in 2018, and how she used art to unlock her students creativity and confidence against many odds.

Reflect on a specific instance in your life when you successfully conquered a challenging obstacle.

Document the specific details of this event. Then, revisit the different stages of the challenge and identify which mindset you possessed during each phase. Take note of the emotions that arose and how they evolved throughout the process of overcoming the challenge. Identify the key components or factors that played a role in your persistence and refusal to give up or retreat. Lastly, determine the belief or conviction that you developed as a result of this particular outcome.



Every worthwhile accomplishment, big or little, has its stages of drudgery and triumph: a beginning, a struggle and a victory. -Mahatma Gandhi.

Create an environment that supports seeing failures as stepping stones to growth and learning.

Craft a list of guidelines that you believe would effectively encourage and support a growth mindset within your household. Then, set aside a dedicated time for a family meeting. This could be during dinner or on a weekend morning, for example. Finalize your list of guidelines and make sure everyone's input is taken into account.


Sample Guidelines:

- Try a different strategy if you don't get something the first time.
- Don't be afraid to ask each other for help.
- Remember everyone can learn.
- Don't laugh when someone makes a mistake.

Define the core values that will shape a healthy mindset within your family when approaching challenges.

As a family develop a list of principles that serve as a framework for navigating through difficulties. Make sure you use words and phrases that resonate with your family's beliefs and values.



Framework for a Challenge:

- 1. Listen to the coach
- 2. Have fun
- 3. Always do your best
- 4. Don't get mad when you lose
- 5. Never give up

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#### Experimentation

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.

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#### Phrases to start the day

#### 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..

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

#### Email

#### focusURpower@gmail.com

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#### BringCreativityHome.com

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Enjoy more inspiration and quick video tips.

#### **Further Reading and Reference**

For Adults

- Carol Dweck Growth mindset expert with many published works and <u>Tedx</u> <u>talk</u> 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