

# KIDS & SPORTS:

# 5

*effective ways to foster a*

# GROWTH MINDSET

by Big Life Journal

## 1

### MOTIVATE TO TRY NEW THINGS

- Talk to your child about the **BENEFITS** of trying a variety of sports.
- Help them see that playing a new sport can make them **STRONGER** and **BETTER**.
- Discuss how the skills they learn through sports can help them reach their **DREAMS**
- Adopt "Hard Thing Rule" to choose a new thing to try.
- Discuss with your child **WHY** they are afraid to try a new sport.



## 2

### ENCOURAGE PERSISTENCE

- Remind about the **COMMITMENT** they made to themselves and/or their team.
- Discuss in advance what your child will do if they want to give up (use the **WOOP** technique).
- Discuss how persistence leads to success using the **ICEBERG** analogy.
- Discuss examples of **FAMOUS** athletes who have struggled or experienced failure.



## 3

### REFRAME LOSING

- Emphasize personal **MASTERY** and **IMPROVEMENT**.
- Teach your child to focus on the **POSITIVE** and celebrate improvement and progress.
- Help them **REFLECT** on what they/their team could do better **NEXT** time.
- Point how **FAMOUS** athletes respond to losses.
- Help your child embrace the **FUN** of sports.



## 4

### REFRAME WINNING

- Emphasize their **EFFORT, FOCUS,** and **DISCIPLINE**.
- Help them understand the connection between winning and their **ACTIONS**.
- When your child wins without effort, apologize for wasting their time and find a new challenge.



## 5

### TEACH TO HANDLE CONSTRUCTIVE CRITICISM

- Teach your child to view criticism as a piece of **ADVICE**.
- Don't criticize children in front of others, avoid giving criticism while angry, criticize thoughtfully and gently.
- Give your child the opportunity to **SELF-ASSESS** by asking, "Did that go how you expected it to go?"

