

3

GROWTH MINDSET: REASONS YOU MIGHT STRUGGLE

to teach it

1

YOU'RE TEACHING SOMETHING YOU'RE STILL LEARNING

- **Be transparent.** When you feel “stuck” in a fixed mindset, point out your moments of difficulty and how you did the hard work of changing your perspective.
- **Know your options.** A great variety of strategies and activities are available to you. Try resources like the **Big Life Journal**, printable growth mindset kits, books, and movies.
- **Make mistakes in real time.** Let kids see you make mistakes in front of them using growth mindset language. Did it help you learn something new? What can you improve? Talk about it!



2

YOU'RE FACING RIGID AND NEGATIVE THINKERS

- **Draw connection between thoughts and feelings.** When we feel down, it's often just the result of how we're thinking. And thinking can be changed!
- **Help them recognize the positive voice inside.** Once kids see that their bad feelings come from negative thinking, they can choose to turn towards their positive voice inside them for answers instead.
- **Encourage them to name and accept their feelings.** Explain that ALL feelings are okay to have, even ones that are unpleasant.
- **Increase their feelings vocabulary.** Discuss how feelings come and go, and that we can honor them but watch them pass without getting too attached.
- **Believe in your message.** Immediate results aren't guaranteed. Trust that you're already making a difference.



3

YOU FEEL ALONE ON THIS JOURNEY

- **Know your triggers.** Keep track of your own mindsets is what we can do, and the best place to start!
- **Connect praise with RESULTS.** Rather than being inherently fixed-mindset, assigning grades and tying them to effort is a way of instilling the ability to persevere.
- **Reframe grades.** Kids can be taught that grades are simply an indication of past performance, not predictions of the future.

