

Creating a Growth Mindset



Millbrook
Primary School

*An information
leaflet for
parents*

Why Growth Mindset, and what is it?

The updated primary curriculum has higher expectations for teaching and learning that represents a challenge for pupils, teachers and parents. However, research shows that children can achieve the expected standards through effort, practice and resilience. These are three core features of a 'Growth Mindset'.

We believe that all our children can succeed, but they need your help to develop a Growth Mindset.

A Growth Mindset is the belief that we can all develop our abilities, including our intelligence, or ability to think. It is distinguished from a Fixed Mindset, which is the belief that our abilities can't change, and that we can't improve at things like maths, sport or creativity.

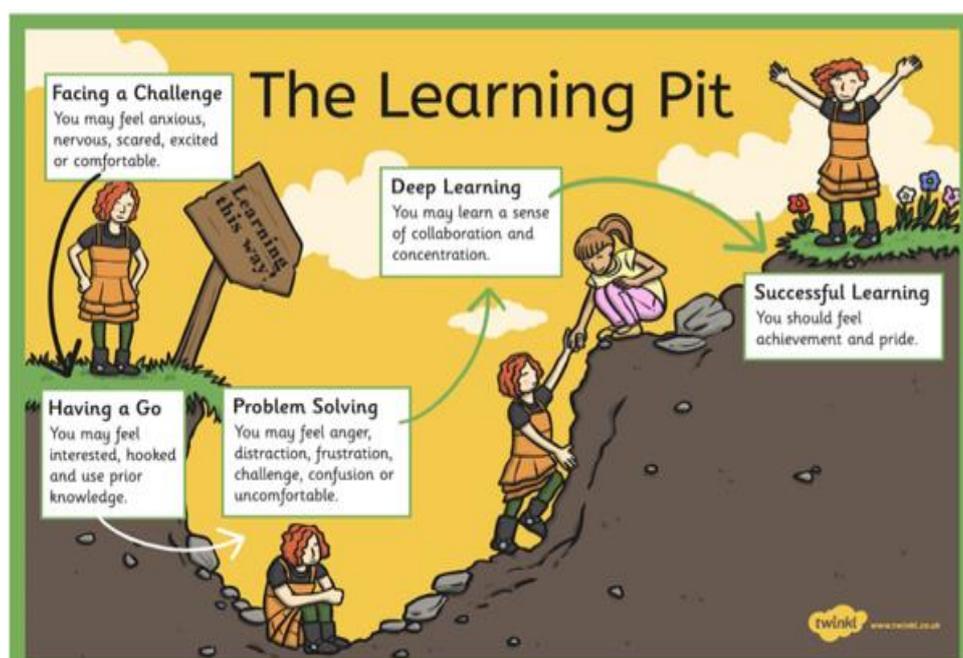
The mindset we adopt leads to different behaviours, attitude and therefore achievement.

Extensive research into Growth Mindset (by Dr Carol Dweck) has shown that building a 'can do' approach helps children's learning improve.

We are thinking about and adopting 5 key principles:

- Our intelligence and ability is not fixed.
- We learn when we are challenged.
- Mistakes are good.
- Success takes hard work.
- We should aim to be the best we can be.

Good learners go into the pit!



Growth versus Fixed Mindset

Fixed Mindset

- I like my work to be easy.
- I don't like to try a challenge.
- I want people to praise me for how clever I am.
- I believe I cannot change how clever I am.
- I don't like to try new things because I won't be very good at it.
- I give up easily.

Growth versus Fixed Mindset

Growth Mindset

- I never give up.
- I like my work to be difficult, it means I am learning.
- I love challenges.
- I want people to praise me for the effort I put into my work.
- I believe I can become more intelligent by working hard.
- I feel clever when I'm learning something new.
- I learn from my mistakes.

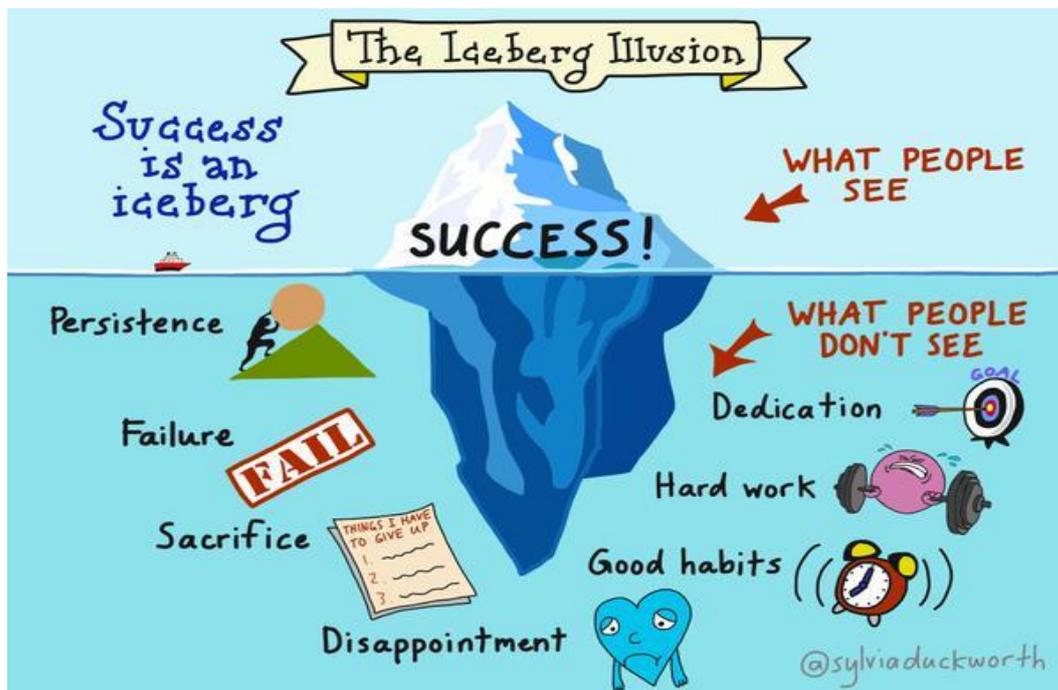
Key Images



Tell yourself

I can't do this
yet...

Key Images





How you can help at home

- Praise the amount of effort your child is putting into things rather than how clever they are.
- Talk to your children about their brain being like a muscle - the more they use it, the stronger it gets.
- Encourage your children to not give up if they are finding something difficult.
- Challenge your children to try something new or challenging.