



# Spring Lunch N' Learn Series:

## Strategies For Raising Kids With A Growth Mindset

### Teach Your Kids The Difference Between FIXED and GROWTH Mindsets:

A FIXED MINDSET: The belief that all of a person's basic qualities, including talents, intelligence and natural abilities are fixed, and unable to change. People with a fixed mindset believe that talent alone (without effort) creates success.

A GROWTH MINDSET: The belief that a person's basic abilities can be developed through dedication, persistence and hard work. People with a growth mindset believe that your intelligence and talent are just the starting point on the road to success.

### WHY DO KIDS NEED TO KNOW?

When children believe that ANYONE can grow and learn through hard work and persistence, they become more willing to try new things and attempt challenging tasks. They also become more resilient, more easily able to 'bounce back' from disappointments and understand that failure, mistakes and disappointment are only opportunities to grow and learn!

### SO WHAT CAN YOU DO?

- Teach your kids how to recognize each type of mindset through using specific real-life examples.
- Take examples of phrases like "I'm not good at this", or "this is too hard" and teach them how to transform those phrases into a growth mindset way of thinking: "this may take some time", or "I'll have to figure out a different way to tackle this problem".
- Use a great book like "Making a Splash" by Carol Rieley, to teach your kids how effort and persistence are crucial to achieving success.



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