



Spring Lunch N' Learn Series:

Strategies For Raising Kids With A Growth Mindset

TEACH YOUR KID HOW THEIR BRAIN WORKS!

Every child should know how the brain works on a basic level. Teaching your child about how the brain works and processes information can be an important step in how they perceive their own intelligence. It also helps give them language to describe their emotional experiences in a way that you as a parent can understand. Understanding what is happening in their brain when they are learning, gives kids a way to help verbalize and manage their feelings when they make mistakes.

WHY DO KIDS NEED TO KNOW?

When children understand what is happening in their brain, it can be the first step to having the power to make choices. It also helps them make connections to how they learn, and give a vocabulary to their feelings. Once kids learn about how their brain works, and understand that their brain can GROW, their entire mindset about learning can change! Kids will begin to BELIEVE that they are capable of learning.

SO WHAT CAN YOU DO?

- Remind your child that their brain is like a muscle that grows when they are learning (and talk to them about HOW it happens)
- Remind them that if they struggle to figure something out, then they are actually stretching their brains to grow and learn.
- Tell your child "Your brain is like a muscle, and when you learn your brain grows. The feeling of something being hard is the feeling of your brain growing!"

Courtesy of "Parents Guide to a Growth Mindset" (biglifejournal.com)



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