

**Have a Growth Mindset**

We hope this will help you to support positive attitudes towards learning and high self-esteem in children at home, just as we are doing in school.

Below, you will find relevant and useful documents on Growth Mindset.

**What Is Growth Mindset?**

The term ‘growth mindset’ refers to a way of thinking, learning and taking on challenges. A person with a growth mindset is open to constructive criticism, takes feedback and uses it, takes on new challenges, pushes themselves outside of their comfort zone and shows resilience and perseverance.

Studies show that it is people with a growth mindset (as opposed to a fixed mindset) who achieve in life, are successful in all they do and are happy. Of course, this is exactly what we want for all our children.

**Growth Mindset At Broadheath Primary School!**

Having been introduced to the concept of growth mindset at Broadheath Primary School, pupils have participated in a range of activities to learn more about it and try to display a growth mindset in school (and at home). Pupils are taught how their brains work and how new connections are formed when we try new things and practise them, over and over. Pupils have learnt about famous and influential people who have succeeded due to having a growth mindset and not giving up on their goal. We have had PSHE lessons and assemblies about growth mindset, but most importantly, teachers and pupils have embraced the language and the way of thinking that promotes using a growth mindset in all lessons. Our language for learning links to this.

**Some key aspects of Growth Mindset at Broadheath Primary School**

* We remember it’s always OK to make mistakes – we learn from them
* We never give up! We try a different approach, or use a different strategy
* We learn from each other – children often make the best teachers!
* We don’t compare ourselves with others, but we do learn from others
* We challenge ourselves – which really helps us make progress
* We take risks – we don’t limit ourselves by taking the easy option
* We join in as much as possible – and we learn much more by being involved
* We remember that mastering something new feels so much better than doing something you can already do
* We remember that the brain is making new connections all the time – the only thing you need to know is that you can learn to improve anything!

Believe – Practise – Succeed!

**Grow Your Brain: a collection of helpful literature and useful resources!**

Please download a document from the links below:

* [fixed vs growth mindset](http://mereworth.kent.sch.uk/wp-content/uploads/2015/04/fixedvsgrowthmindset.docx)
* [GM\_mind-shifting-guide\_for\_parents](http://mereworth.kent.sch.uk/wp-content/uploads/2015/04/GM_mind-shifting-guide_for_parents.pdf)
* [growth\_mindsets\_dweck-praise-effort](http://mereworth.kent.sch.uk/wp-content/uploads/2015/04/growth_mindsets_dweck-praise-effort.pdf)
* [Growth Mindsets Further Reading](http://mereworth.kent.sch.uk/wp-content/uploads/2015/04/GrowthMindsetsFurtherReading.docx)
* [How to Change from fixed to growth](http://mereworth.kent.sch.uk/wp-content/uploads/2015/04/HowtoChangefromfixedtogrowth.docx)
* [Mindset-Quiz](http://mereworth.kent.sch.uk/wp-content/uploads/2015/04/Mindset-Quiz.pdf) [praise](http://mereworth.kent.sch.uk/wp-content/uploads/2015/04/praise.pdf) [praisephrases](http://mereworth.kent.sch.uk/wp-content/uploads/2015/04/praisephrases.pdf)