

Phrases to Foster a Growth Mindset

When your child finds success...

- I'm so proud of the effort you put in. You didn't give up, even when you got stuck!
- You really put your mind to it; I guess the struggle was worth it!
- How did you feel when you won?
- How was playing the first time different than the last time?
- Did you ever get stuck? What did you do to keep yourself going?

When your child is facing disappointment or failure in the games, teach your child growth mindset self talk...

- "I can do this, even if it's hard!"
- "I need to think about this another way. What can I try that will be different than what I did this time?"
- "If I keep doing the same thing, I will get the same result. What can I change?"
- "I just haven't figured it out yet!"
- "This may take some time and effort, but I am going to get it."
- "The more I play this game, the better I will get at it!"

Think about how these same phrases might be applied to academic situations...

- It's okay to have a productive struggle or use your struggle muscle. That is what will grow your brain!
- Work to have a growth mindset instead of a fixed mindset.

FIXED MINDSET	GROWTH MINDSET
I don't understand.	What am I missing?
I give up.	I'll use some of the strategies I've learned.
I made a mistake.	Mistakes help me improve.
This is too hard.	It might take some time and effort but I'll get it.
It's good enough.	Is this really my best work?
I'll never be as smart as her.	I'm going to figure out what she does and try it.
I can't make this any better.	I can always improve; I'll keep trying!
I can't do this.	I can't do this YET!