

**White Court School**

**INTRODUCING**



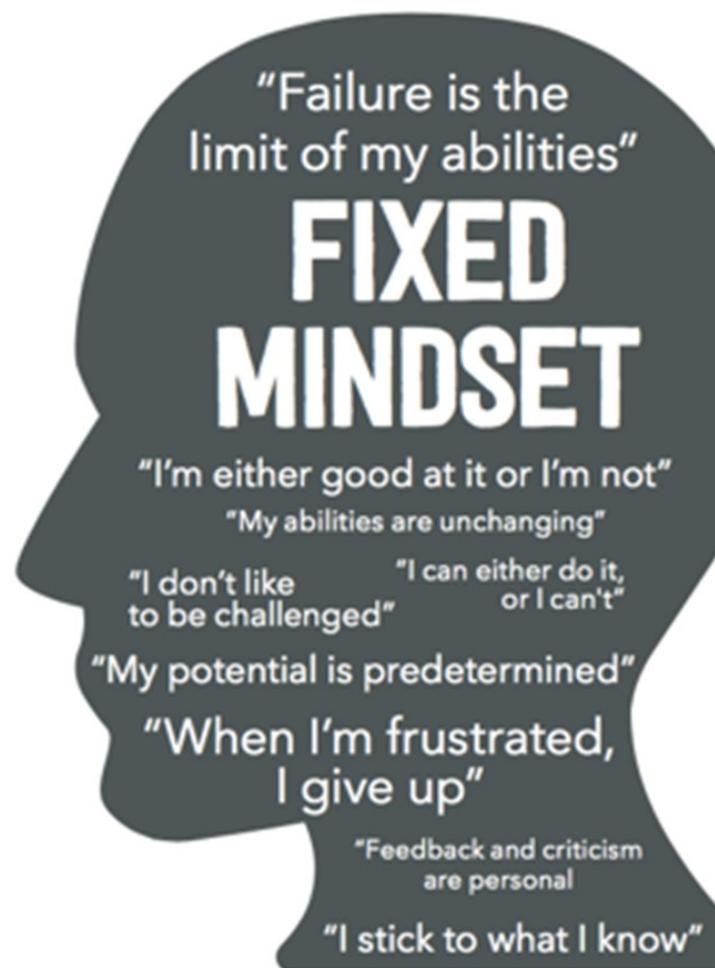
**Growth  
Mindset**

**We are learning to  
grow our brains!**

## What is Growth Mindset?

Growth Mindset is the theory coined by Carol Dweck which is based on the belief that your intelligence is not fixed, but can be grown.

Dweck believes that individuals have either a 'Growth Mindset' or 'Fixed Mindset'.



## Launching Growth Mindset at White Court

This term, we have launched Growth Mindset with the children and staff. We already use a lot of the elements in school, but will now be using the Growth Mindset terminology too.

## Change your words, change your Mindset!

One of the most important elements to develop a Growth Mindset is to celebrate children's perseverance and effort, not their natural ability.

If a child says **"I can't do it!"**

Reply with **"Yet!"**

**Do say:**

Well done, you have worked hard to improve your times tables.

That is not quite right, but you have tried very hard to understand.

**Don't say:**

You are so good at Maths!

That's wrong!

### How to 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.

## The Science behind Growth Mindset

In your brain there are billions of neurons. Every time you learn and practise new things, the connections between the neurons become stronger.



When the connections are repeatedly made, they eventually become permanent. This is why regularly practising skills, such as spelling, times table recall and even throwing a ball is so important for improvement.

Find out more:

If you are interested in Growth Mindset, watch the YouTube video below:

<https://www.youtube.com/watch?v=pN34FNbOKXc>