



# Counseling Corner



## Building a Growth Mindset

### A Growth Mindset is:

- The underlying belief that abilities can be developed through effort and practice. Children with a growth mindset persist in the face of challenges because they understand that effort and hard work can change ability and intelligence.



### It is important because:

- The way we praise our children can have a profound impact on their mindset. Research on praise and mindsets shows that when we praise children for being smart, it promotes a fixed mindset. It sends a message that their accomplishments are trait-based, and tied to something innate. In contrast, praising kids for working hard promotes a growth mindset. It sends a message that the child's effort is what led them to success.

## We can help build a growth mindset in our children by:

### 1. Accept Mistakes as learning Opportunities

- Speak positively about your mistakes and struggles, and this will show your children that taking risks and making mistakes are a natural part of the learning process

### 2. Changing how we praise

- Praising kids for working hard promotes a growth mindset. It sends a message that the child's effort is what led them to success.

### 3. Talk about the Brain

- Tell your children that when they work hard, that's the feeling of their neurons connecting. The dendrites are reaching out to other dendrites, trying to connect to make a stronger brain. What strengthens those connections is practice, asking questions, and actively participating in learning.

### 4. Teach children how to regulate their emotions by taking deep breaths

- Teaching students how to breathe have many benefits which include Improved attention, Greater compassion for others and self, Increased self-control, Reduces feelings of stress and Increases self-awareness.



## Mindful Moment

### Just Breathe

<https://vimeo.com/114715169>

Teaching students how to breathe during stressful situations has an extraordinary positive impact. A few benefits include:

- Improved attention
- Greater compassion for others and self
- Increased self-control
- Reduces feelings of stress
- Increases self-awareness

**Challenge:** Take a Mindful Moment 10 minutes once a day to allow students a quiet space to focus on their breathing, reflect, let-go of stress, and re-focus.

**Creating Healthy Habits of the Mind!!!**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

