

Parent & Carer Guide



CHALLENGE
YOUR MINDSET

"If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you."

Unknown

Promoting Emotional Health & Well-being

Parent & Carer Guide



CHALLENGE
YOUR MINDSET

"If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you."

Unknown

Promoting Emotional Health & Well-being

Challenge Your Mindset

People who believe that we are born artists, athletes or scientists have a **fixed mindset** about themselves and others. They believe that learning potential and ability are fixed and can be measured. People with a **growth mindset** believe that effort, not just ability, leads to success.

Through this unit, we will encourage children to recognise that challenges, mistakes and problems happen every day in learning activities and social interactions. They will learn that how we respond to those difficulties has an impact on how we see ourselves. This helps us shape our own learning and how we handle the next problem that comes our way.



In this unit, Skipper gives up when he finds something hard to do. He learns the importance of developing a **growth mindset**. Skipper helps the children to see that with effort and practise they can overcome problems by challenging their mindset, so that things that once seemed challenging become easier.

In this unit, we will be learning that:

- Who we are and what we are good at, is not fixed.
- The way we think, feel or learn, shapes our brain
- I can change through the choices I make.

Talk it Over:

Share with your child about a time you used a **growth mindset** when you were faced with a challenge or setback.

Home Activity:

Changing your words, can help you to change your mindset, e.g. Instead of saying: I'm not good at this, try saying: Mistakes are proof that I am trying. Support your child to create their won 'Doodle Art' poster of a growth mindset phrase.

Key Book: 'The Dot' by Peter Reynolds

Challenge Your Mindset

People who believe that we are born artists, athletes or scientists have a **fixed mindset** about themselves and others. They believe that learning potential and ability are fixed and can be measured. People with a **growth mindset** believe that effort, not just ability, leads to success.

Through this unit, we will encourage children to recognise that challenges, mistakes and problems happen every day in learning activities and social interactions. They will learn that how we respond to those difficulties has an impact on how we see ourselves. This helps us shape our own learning and how we handle the next problem that comes our way.



In this unit, Skipper gives up when he finds something hard to do. He learns the importance of developing a **growth mindset**. Skipper helps the children to see that with effort and practise they can overcome problems by challenging their mindset, so that things that once seemed challenging become easier.

In this unit, we will be learning that:

- Who we are and what we are good at, is not fixed.
- The way we think, feel or learn, shapes our brain
- I can change through the choices I make.

Talk it Over:

Share with your child about a time you used a **growth mindset** when you were faced with a challenge or setback.

Home Activity:

Changing your words, can help you to change your mindset, e.g. Instead of saying: I'm not good at this, try saying: Mistakes are proof that I am trying. Support your child to create their won 'Doodle Art' poster of a growth mindset phrase.

Key Book: 'The Dot' by Peter Reynolds