

Supporting our children's mental health and well-being



This week is about 'The power of YET!'

Over the next couple of weeks we will be looking at how to nurture our child's growth mindset - this is the belief that your brain is like a muscle and your intelligence, talents and abilities are not fixed and can grow and strengthen depending on how much effort you are willing to put in. One of the most simple and effective ways to do this is to introduce them to "The power of YET!"

THE POWER OF YET

"I don't get it."
"I just can't do this."
"It didn't work."

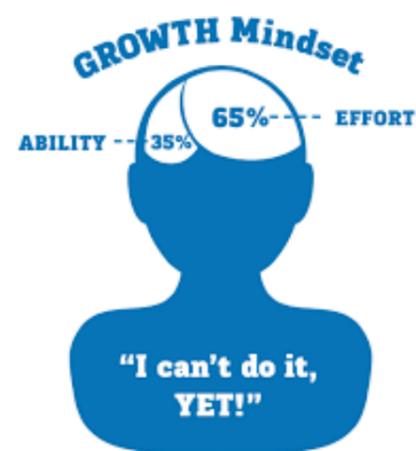
Add the word "**YET**" to the end of your sentence.

You can do *anything* you put your mind to.

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- Making this word part of your child's vocabulary as early as possible really will determine how they look at the world.
- Next time you hear one of the statements on the left from your child use it as an opportunity to discuss this idea with them.
- Telling them about some specific examples of times in your own life when you had to work hard at understand something will help them buy into the concept.
- Remind them that they do this every day in School- ask them to pick the subject they like the least and prove to them that hard work pays off by reminding them of an area in this subject that they have learned about.
- Set them a challenge with a reward at the end and once they have completed this remind them that this was something they could not do until they put their mind to it. The simpler the better here - get them to tie their own shoe laces or master their timetables.

For younger children a great book called 'I Can't Do That YET!' BY Maima W Adiputri is a good one to start with. A useful video that



your child can watch on YouTube about this idea is called Growth 'Mindset for students Episode 35.'

If you have any questions about Let's Talk or would like to talk to Mrs Watkins about a particular concern regarding your child's mental health and well-being, please contact her through wellbeing@emmanuel.camden.sch.uk.