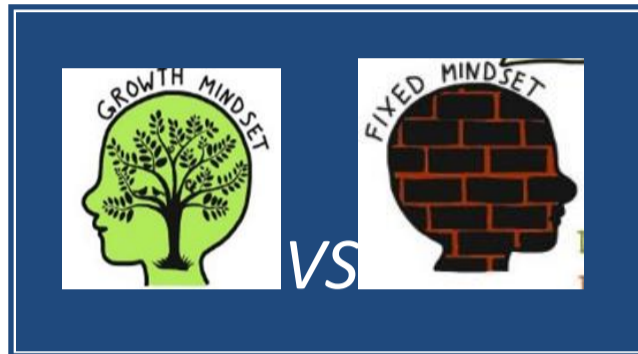


Supporting our children's mental health and wellbeing



Continuing on from last week, we will be looking at how you can nurture your child's growth mindset (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). A big element of doing this is to understand the difference between a growth and fixed mindset.

Children with a growth mindset know they can get better by working hard. They keep trying even when things are tough and they say things such as, 'I can't do this...yet' or 'Mistakes help me learn.' They realise that effort can have an effect on their success so they are willing to work hard for it.



Children with a fixed mindset feel differently, as if they are stuck with the way things are. They believe that they are born with certain character traits and a fixed amount of intelligence and creativity, and that nothing they do will change that. A fixed mind-set can happen to anyone at some time or another but it's important we choose to have a growth mind-set, to keep trying and stick with challenges, and most importantly, nurture this in our children.

DEVELOPING A GROWTH MINDSET

<p>INSTEAD OF...</p> <ul style="list-style-type: none"> I'm not good at this. I give up. It's good enough. I can't make this any better. This is too hard. I made a mistake. I just can't do this. I'll never be that smart. Plan A didn't work. My friend can do it. 	<p>VS</p>	<p>TRY THINKING...</p> <ul style="list-style-type: none"> What am I missing? ? I'll use a different strategy. Is this really my best work? I can always improve. This may take some time. Mistakes help me learn. I'm going to train my brain. I'll learn how to do this. There's always a Plan B. I'll learn from them.
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The Power of the **GROWTH MINDSET** says, "I believe in you, give it a try, you just haven't gotten it, **YET** !!! You will !!!"



PRAISE FOR:

- EFFORT
- STRATEGIES
- PROGRESS
- HARD WORK
- PERSISTENCE
- RISING TO A CHALLENGE
- LEARNING FROM A MISTAKE

NOT FOR:

- TALENT
- BEING SMART
- BORN GIFTED
- FIXED ABILITIES
- NOT MAKING MISTAKES

In the Summer term, we will be running a **Parent Workshop** with a focus on mental health and wellbeing. Please email wellbeing@emmanuel.camden.sch.uk to let us know which workshop would be most beneficial to you: 1. Helping children build resilience and a positive self-image; 2. Helping children to cope with stress; 3. Helping parents to manage their own stress; or 4. Helping children to build resilience and positive mental health.