

Supporting our children's mental health and wellbeing



Over the last couple of weeks we have been exploring the ways to encourage our children's growth mindset. A very helpful website called BigLifeJournal.com is a very good source of information if you would like to know more about this. Please also see their visual below which contains all the areas we have been looking at:


PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

*Your brain is like a muscle. When you learn, your brain grows.
The feeling of it being hard is the feeling of your brain growing!*

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

THE POWER OF "YET" SAY

"YOU CAN'T DO IT YET."
"YOU DON'T KNOW IT YET."
"IF YOU LEARN AND
PRACTICE, YOU WILL!"

BRAINS can GROW



"MISTAKES HELP YOU IMPROVE."
"YOU CAN LEARN FROM YOUR MISTAKES."
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.



ASK

"WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"
"WHAT NEW STRATEGIES DID YOU TRY?"
"WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"
"WHAT DID YOU TRY THAT WAS HARD TODAY?"

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REMINDER: 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. Please also email us if you have any concerns regarding your child mental health.