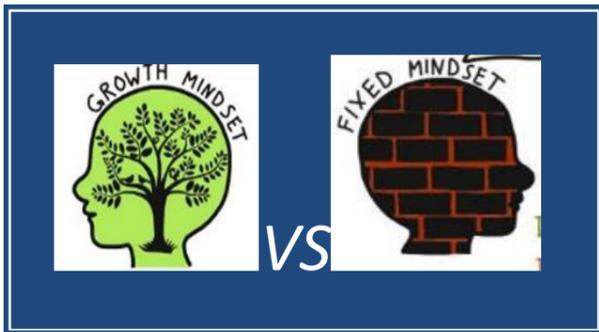
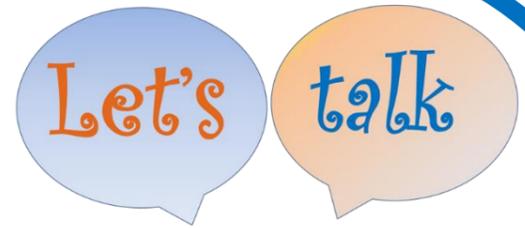


Supporting our children's mental health and wellbeing



Last week, we looked at what is the difference between a fixed and growth mindset and how to get our children to start recognizing that a fixed mindset determines how they think. To strengthen and develop this idea further this week we will be looking at how we can change our children's attitudes towards mistakes and hard work. These ideas are connected to our Aspire value of *Resilience*, which is celebrated around the school.

We all know that many children do not like to do things or attempt things that they deem as 'HARD!' But the truth is, the younger they realise that hard work pays off, the more they are building their self-resilience and growth mindset. This concept is easier for younger children to adapt to as they are usually easier to reward- no **KS1** class room is complete without a set of 'Well Done' stickers that are given to our children if they work hard and try their best. The trick is to continue this praise at home by setting them a small challenge, which is personal to them- reward the effort not the achievement itself.

For **KS2** children this can become harder as stickers and reward charts tend to not motivate them anymore. They need to buy into this idea for themselves on their own terms and by this I mean they need to connect with someone who promotes this idea. There are lots of sports stars and celebrities that the children idolise that you can use to show them that hard work pays off- examples include JK Rowling, Lionel Messi and Michael Jordan.



Help your child to start to think about hard work as something worth talking about by asking them the following questions when you pick them up from School:



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?"

Once they can understand the importance of hard work it is easier for them to learn to bounce back from their failures. They are more likely to accept that mistakes are learning opportunities and only turn into failure when we choose not to learn from them. Talking to our children and letting them know that mistakes are OK and a fact of life that everyone goes through is key. It is not failing that is important it is what we do afterwards that matters.

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.

MISTAKES ARE **PROOF** YOU ARE **TRYING** | CORRECTING MISTAKES ARE **PROOF** THAT YOU'RE **GROWING!**

