

Wellbeing update: Growth Mindset – Giving feedback



Following on from the Wellbeing update on Growth Mindset, giving children a challenge to support and build up resilience., this update focusses on how we can give feedback to them in an effective way. During the last 10 weeks, parents and carers have been learning to take on a new role of 'home learning teacher' for their child/ren. Some may take to this like a duck to water, others may have enjoyed the challenge whilst juggling their own workloads, whilst others may have found a whole new appreciation of the need for schools!

Whilst some of our classes are able to return to school in this phased opening, there are many parents/carers that will need to continue to support children's learning experiences at home. Therefore today's wellbeing update is focussed on some helpful tips on providing feedback to children. This has been written by The Big Life Journal. If you would like further information on this or other Growth Mindset ideas, visit: <https://biglifejournal.com/>

1. **Pause before you give feedback**

Is this feedback productive or is this my opinion/complaint? Are my words true?

2. **Focus on the how**

Balance positive feedback with negative feedback. Sometimes referred to as 'sandwiching' feedback - start with a positive, then a negative and finish with another positive.

3. **Make sure your feedback is specific**

Provide information your child can reflect on.

4. **Ask for permission and give control**

This helps your child problem-solve and plan for the future e.g. "I have some information that could be helpful. How open are you to hearing it?"

7 Helpful Tips on Sharing Feedback with Your Child



5. **Support Growth Mindset by focussing on the process**

Praise the effort and hard work that went into their successes. Celebrate mistakes as an opportunity to learn.

6. **Focus on actions rather than personality**

1. Situation - note the time and place

2. Behaviour - describe the behaviour

3. Impact - note how the behaviour had an effect. This is an opportunity to try out emotions coaching techniques as per our wellbeing update on 8 May.

7. **Model it!**

Set up a task your child can evaluate you doing. Actively seek out feedback. Discuss how the feedback made you feel.

miStAkEs
are proof
that you are
TRYING

More information?

If you have any concerns about your child's emotional wellbeing, please don't hesitate to contact us at wellbeing@emmanuel.camden.sch.uk.

Let's

talk