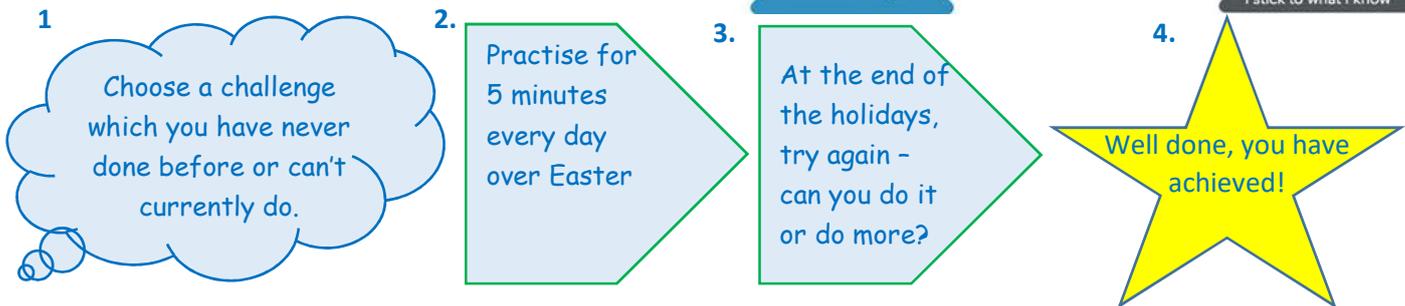
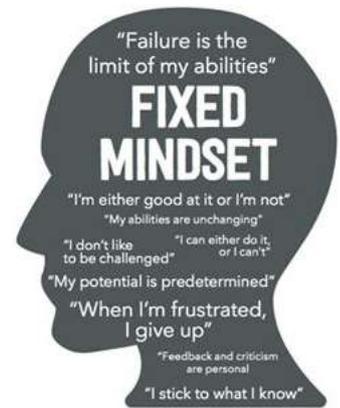


# Let's talk

## Wellbeing: Growth mindset challenge

During school closures and lockdown holidays, we may all have some extra time to try something new or practise a task that we have found difficult in the past. A child's ability to not be scared of being challenged or be unafraid of making

mistakes and be motivated to make an effort without the need for praise, is a life-long skill. Having a growth mindset, instead of a fixed one, allows a child to be free to learn through making mistakes, developing perseverance, having inner belief and a positive attitude. This Easter, you can support your child to try something new or finally achieve that one thing they have been trying to achieve for ages.



### Some ideas:

- Tying your shoe laces
- Tying a school tie
- Standing on one leg for 1 minute
- Doing 20 skips in a row
- Learn your number bonds to 10
- Learn to knit or sew

- Copy an art masterpiece
- Learn all the capital cities of Europe
- Do 20 kick ups with a football in a row
- Learn months of the year in a new language
- Find a new recipe and learn how to make it
- Learn a set of times tables: x and ÷

### Some tips for encouraging growth mindset in your child:

1. Help children understand that the brain works like a muscle - it can only grow through hard work, determination, and lots of practice.
2. Rather than telling your child they are smart, gifted, or talented (as this implies that they were born with the knowledge) or praising them for results, praise them for their effort, hard work, and practice.
3. Embrace failures and mistakes. Children sometimes learn the most when they fail. Let them know that mistakes are a big part of the learning process.

### Movie and book ideas that promote growth mindset and resilience:



**Any questions or concerns?** If you have any concerns regarding your child's mental health or wellbeing during the next few weeks, please don't hesitate to contact our ELSA, Lorraine Watkins, through the wellbeing email address and she can share some ideas and resources online:

[wellbeing@emmanuel.camden.sch.uk](mailto:wellbeing@emmanuel.camden.sch.uk)