

Growth Mindset

Here at Brackenwood Infant School, we want our children to understand that it is okay to be stuck and to make mistakes, and that some of their best learning is done when they find things the hardest. Rather than simply praising success, we praise effort and persistence. We know that FAIL stands for First Attempt In Learning and so failure shouldn't be a scary – it's just part of the learning journey!

We believe the best thing to do is to teach children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. We try to make sure that all children encounter challenges and find some work tough! Our children recognise that effort, persistence and good teaching are what help them improve.

There are the two types of mindsets that children and adults can have; a 'fixed' mindset and a 'growth' mindset. Below is an overview of the traits of each:

Fixed Mindset

- I like my work to be easy
- I don't like to try a challenge
- I want people to praise me for how clever I am
- I believe I cannot change how clever I am
- I don't like to try new things because I won't be very good at it
- I give up easily

Growth Mindset

- I never give up
- I like my work to be difficult – it means I am learning
- I love challenges
- I want people to praise me for the effort I put into my work
- I believe I can get more intelligent by working hard
- I feel clever when I'm learning something new
- I learn from my mistakes

It has been proven that having a Growth Mindset can improve children's progress and attainment. As a result, when children have Growth Mindset, they can grow their brains and intelligence (like a muscle!) and achieve anything they want!

How you can help at home

- Praise the amount of **effort** your child is putting into things rather than the outcomes or how clever they are
- Talk to your children about their brain being like a muscle - the more they use it, the stronger it gets
- Encourage your children to not give up if they are finding something difficult – remember FAIL means first attempt in learning!

Challenge your children to try something new or challenging