


GROWTH MINDSET


at





H O M E





 Don't say, "I can't do it."
Instead, say, "I can't do it YET."

 Natural talent is awesome, but
EFFORT and PERSEVERANCE will
help you achieve your goals.

 REMEMBER: Intelligence and skills
can be developed with effort.

 Get excited about MISTAKES. They
show that the work is challenging.
Challenges provide more
opportunities to learn and grow.

 Notice when other people make
mistakes. How do they handle it?
What can you LEARN from them?

 Look for examples of people who
demonstrate a GROWTH MINDSET.

 Think of activities you can do that
will help you REACH A GOAL.


PERSEVERANCE


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 The ability to PERSEVERE on
difficult tasks is one of the best
indicators of future success.

 Try fun little CHALLENGES to build
your perseverance muscles!
Practice until you succeed.
(Balance a coin, flip a bottle, etc.)

 Pick something hard to learn and
PRACTICE it regularly. (Learn an
instrument, play chess, master an
athletic skill, etc.)

 When you feel FRUSTRATION, it's
ok. It's a chance to practice
perseverance. STICK WITH IT!






 VISUALIZE yourself achieving a
goal. What does it look like? What
does it feel like? When you feel
like giving up on your goal, try
visualizing to help you persevere.

 Look for examples of people who
show PERSEVERANCE in their daily
lives. How do they handle failure
and frustration?

KINDNESS

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-  We all have the power to improve someone's day or make the world a better place. Spread KINDNESS.
-  Practice NOTICING the needs of others. Can you spot a person who needs a smile or a helping hand?
-  Challenge each member of your family to do something kind EVERY DAY.
-  Notice a person who is really good at showing kindness. How do they do it? What can you LEARN from that person?
-  Start a family KINDNESS TRADITION. Pick a day of the week/month/year to do a special act of kindness. (Examples: Clean up the park every first Monday of the month. Do one random act of kindness every Sunday after dinner. Distribute socks or sleeping bags to homeless people on the first day of November each year.)

PROBLEM SOLVING

at





-  The ability to SOLVE PROBLEMS is crucial for academic, social and emotional development.
-  Kids are natural problem solvers. Let them FIND THEIR OWN SOLUTIONS before stepping in to rescue them.
-  Remember that problems provide a perfect opportunity to practice LOGICAL and CREATIVE thinking.
-  Help kids find solutions by letting them do the thinking. If they need help, ask open-ended questions to guide them. EXPECT MISTAKES. (It's ok! Mistakes help us learn.) Remember that there is often more than one right answer.
-  Choose family games and activities that boost problem solving skills. (Puzzles, creative games, building challenges, etc.)
-  Look for great problem solvers. What can you LEARN from them?


SELF AWARENESS


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 SELF-AWARENESS helps kids accurately judge their own feelings, thoughts and actions. It also helps them understand how other people see them. It can be developed with practice.

 Strong self-awareness is helpful for GOAL ATTAINMENT, SOCIAL INTERACTIONS, and EMOTIONAL WELLBEING.

 Kids can practice by regularly ASSESSING their strengths and weaknesses on low-pressure activities, like chores.


 Spend some family time discussing and developing each family member's STRENGTHS and TALENTS. How do our strengths help us? How do we use our strengths to help others?


 Think about something you'd like to learn to do better. Set a GOAL for improvement and monitor progress.


SOCIAL AWARENESS


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 Kids need strong social skills to MAKE FRIENDS and WORK WITH OTHERS.

 PRACTICE observing social skills in action when you're reading a book. Talk about how the character handled skills like managing emotions, dealing with conflict, and considering the feelings of others.

 Turn off the volume during a TV show or a commercial. Pay attention to the characters' body language and facial expressions. What can you tell about their EMOTIONS?

 Get kids involved in a GROUP activity on a regular basis so they can practice their social skills. (Team sports, clubs, or community events are great for this!)

 Schedule weekly FAMILY GAME NIGHTS. Games provide lots of great practice with skills like taking turns, listening, working together, and much more.


CREATIVE THINKING


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 CREATIVITY doesn't just mean artistic. Creative thinkers are skilled at thinking flexibly, finding multiple solutions for problems, and seeing the world from different perspectives.

 Creative thinking is an **ADVANCED THINKING SKILL** that can be developed with practice.

 **PRACTICE** creativity by asking kids open-ended questions with multiple "right" answers.

 Get excited about unique answers and different approaches. Encourage kids to "THINK OUTSIDE THE BOX."

 Help kids find time to engage in **CREATIVE PLAY** every day. (Pretend play, arts and crafts, building, etc.)

 Look for **EXAMPLES** of people who use creative thinking in their daily lives. What can you learn from them?


DECISION MAKING


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H O M E




 From an early age, kids make many **DECISIONS** each day. Learning to make good decisions is an important life skill.

 As kids grow, their decisions, (and the **CONSEQUENCES** of their decisions), grow bigger and more important. We want kids to learn good decision-making skills early, when the consequences are relatively small.

 Let kids make decisions and take **RESPONSIBILITY** for their choices. If they need guidance, help them identify the decision to be made and the possible options. Compare the different options together.

 When a child makes a poor decision, help them see it as an opportunity to **LEARN** and improve.

 **NOTICE** when other characters in books and on TV make good and bad decisions. Talk about what you can learn from them.






CALM THINKING

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-  Kids learn important skills like focus and self-regulation, when they learn to CALM their minds and bodies.
 -  Challenge your family to try a daily "CALM MINUTE" where everyone sits quietly and focuses on nothing but their breath. Try counting the number of breaths you take during the minute.
 -  Try establishing a time each evening when electronics are turned off and each family member uses the time to do something QUIET and calming.
 -  Notice when other people seem calm during stressful times. How do they do it? What can you LEARN from them?
 -  Think of activities that make you feel calm. Make a "CALM LIST" and try to do something from the list at least once each day.






GRATITUDE

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-  Practicing gratitude makes us **HAPPIER** and **HEALTHIER**.
 -  Just like any skill, we can learn to be more grateful with **PRACTICE**.
 -  Create a **FAMILY GRATITUDE RITUAL**. Pick a time each day to share one thing you're each thankful for. It could be at the beginning of meal time, in the car on the way to school, each night before bed, or any time that works for your family. Share your ideas aloud, write them in a family gratitude journal, or write notes of gratitude to people you appreciate.
 -  Notice other people or characters from books or movies who seem to be particularly grateful. What do they do and say? What can you LEARN from them?
 -  Find examples of simple or funny moments to appreciate. Teach kids to stop and **SAVOR** the little things.