



## GROWTH MINDSET AT CHEADLE CATHOLIC INFANT SCHOOL

You may have heard our children talking recently about how they've been developing a 'Growth Mindset' at school. Every class has been looking at and learning about 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, we are teaching our children that by having a Growth Mindset they can grow their brains and intelligence and achieve anything they want!

### **How you can help at home**

Praise the amount of effort your child is putting into things rather than 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;  
Challenge your children to try something new or challenging.

Our Growth Mindset Characters are:-

**Determined Dan-** I am determined and I keep trying even when it is hard.



**Positive Pat-** Learning makes me happy!



**Billy Brain-** I like to learn new things because it helps me to grow my brain.



**Ricky Reflector-** I don't worry about getting things wrong because I know it is helping me to learn.



**Charlie Challenge-** I accept a challenge even if I can't do it yet.

