

UNLOCK

WIZARD



GROWTH MINDSET

A positive communication style

CCI
Special

*The attention & environment you
provide shapes your child's brain
development for life*

#21
ENGAGE
Series

With the difficult and saddening situations around us, its important for us to try adapt to a more positive approach towards life to ensure mental wellbeing.

One of the ways to ensure mental wellbeing is by developing growth mindset. Growth mindset is a process of developing positive communication style and a belief with a sense of hope and faith.

In todays time “growth mindset communication” is the key for success for our children and us.

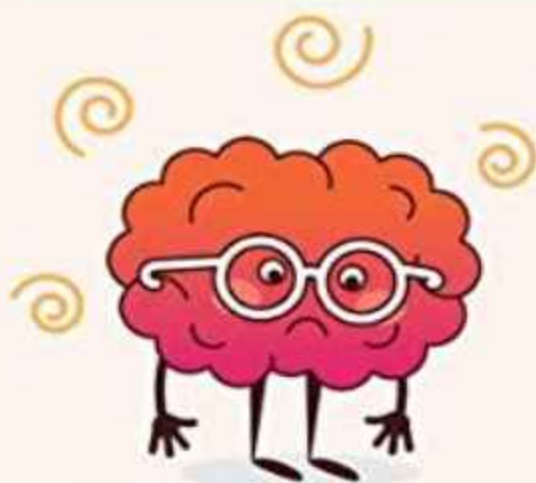
DB YaR Forum suggests the following communication clues to help develop growth mindset.

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Accomplish BIG Things With a

GROWTH MINDSET!

Success Begins With Believing You Can



Instead of Thinking...

I can't do it.

I'm not good at this.

It's good enough.

It's too hard.

I'm afraid of making a mistake.

They are better at it than I am.

I don't know how.

I can't make this any better.

I don't like challenges.

I give up.



Think This...

I'm still learning. I'll keep trying!

What can I learn to get better at this?

Is this the best I can do?

With more practice it will get easier!

Mistakes are how I learn & get better!

What can I learn from them?

I can learn how!

I can always find ways to improve!

Challenges make me better!

I'll try a different way!

MINDSET MATTERS

Change your words to
change your mind.

I made a
mistake.

Mistakes help
me learn.

I can't
do it.

I'm on
the right
track.

It's good
enough.

Is this my
best work?

I give up.

Let me
try
another
way.

I'm not good
at this.

I'm just
getting
started.

I'm a natural.

I improve
with practice.

This is too
hard.

This may take
some effort.

INSTEAD OF
"I DON'T KNOW"
TRY...

Can I have more time to think about it?

May I ask a friend for help?

Could you ask that in a different way?

I'm not sure, but what I DO know about it is this...

Where could I look for that information?

I'm not sure, but my best guess is...

Let's Talk

I agree

with you because ...

This
reminds
me of...

What
I heard you
say was...

I learned
that...

Could you please
tell me
more
about...

I'm
surprised
that...

I noticed
that...

According
to the text...

Could you
explain your
answer?

This
makes me
wonder
about...

I understand
what you are saying,
but I think...

I figured
out that...

I would like to
point out...

I think the
author is
trying to
say...

This makes me
think about...

Could you
show me?

TALK with RESPECT

I agree with you,
but I would like
to add...

I disagree with
you because...

Show me the
evidence in the
text.

I think that...

What is your
opinion?

It says in the
text that...

One thing I
would like to
add...

I am confused
by...

What do
you think?

Let's agree
to disagree.

One idea I have
about that...

One thing I
noticed...

One question I
have is...

Let's get back
to the topic...

Let's look this
word up in the
dictionary.

This makes me
wonder...

One thing I
would like to
find out...

Let's give everyone
a chance to talk.

How do you
know?

Let's take a
vote.

MINDSET MATTERS

I give up.

Let me
try
another
way.

Change your words to
change your mind.

This is too
hard.

This may take
some effort.

It's good
enough.

Is this my
best work?

I can't
do it.

I'm on
the right
track.

I made a
mistake.

Mistakes help
me learn.



1. Growth Mindset



2. Growth mindset vs fixed mindset



3. Teaching growth mindset



TO SEARCH ON THE WEB

1. What is growth mindset?
2. Why is growth mindset important?
3. Growth mindset conversations.
4. How to do growth mindset conversation?

Let's hand hold our children to become the best version of themselves!!



Everything and everyone is
won by the sweetness of
our words and works

- Don Bosco



Don Bosco National Forum for the Young at Risk



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