

LEARNING SNAPSHOT

Building Confident, Resilient Learners

Exploring how we can work together to help every child thrive

A partnership between home and school





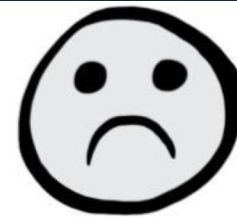
Great



Good



Okay



Bad



Sad



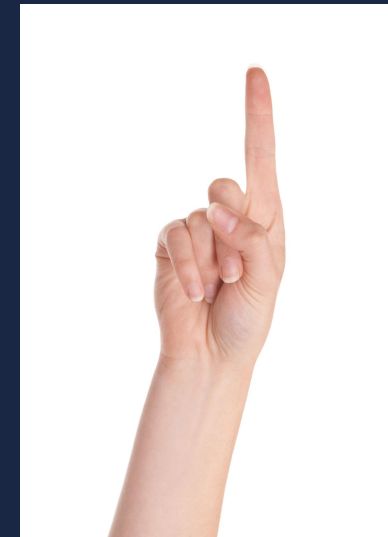
Angry



Frustrated



Confused



What We'll Explore Together

A quick 10-minute journey through the ideas behind confident, resilient learning



Growth Mindset

Believing abilities can grow through effort and learning



The Learning Pit

Why struggle and confusion are a normal part of learning



Everyday Strategies

How we help children embrace challenge and learn from mistakes



Wellbeing & Learning

The vital connection between feeling safe and learning well



Supporting Confidence at Home

Simple, everyday ways families can help



What Is a Growth Mindset?

Carol Dweck's research shows that students who believe their abilities can grow through effort and learning achieve more than those who see ability as fixed.

It shapes how children respond to challenge, feedback, and mistakes — at school and at home.

The power of “yet”

Adding “yet” to any statement turns a dead-end into an open door — we encourage children to use it often.

Fixed Mindset	Growth Mindset
<i>“I can’t do this.”</i>	<i>“I can’t do this yet.”</i>
<i>“I’m not good at maths.”</i>	<i>“I’m still learning maths.”</i>
<i>“This is too hard.”</i>	<i>“This is challenging me.”</i>

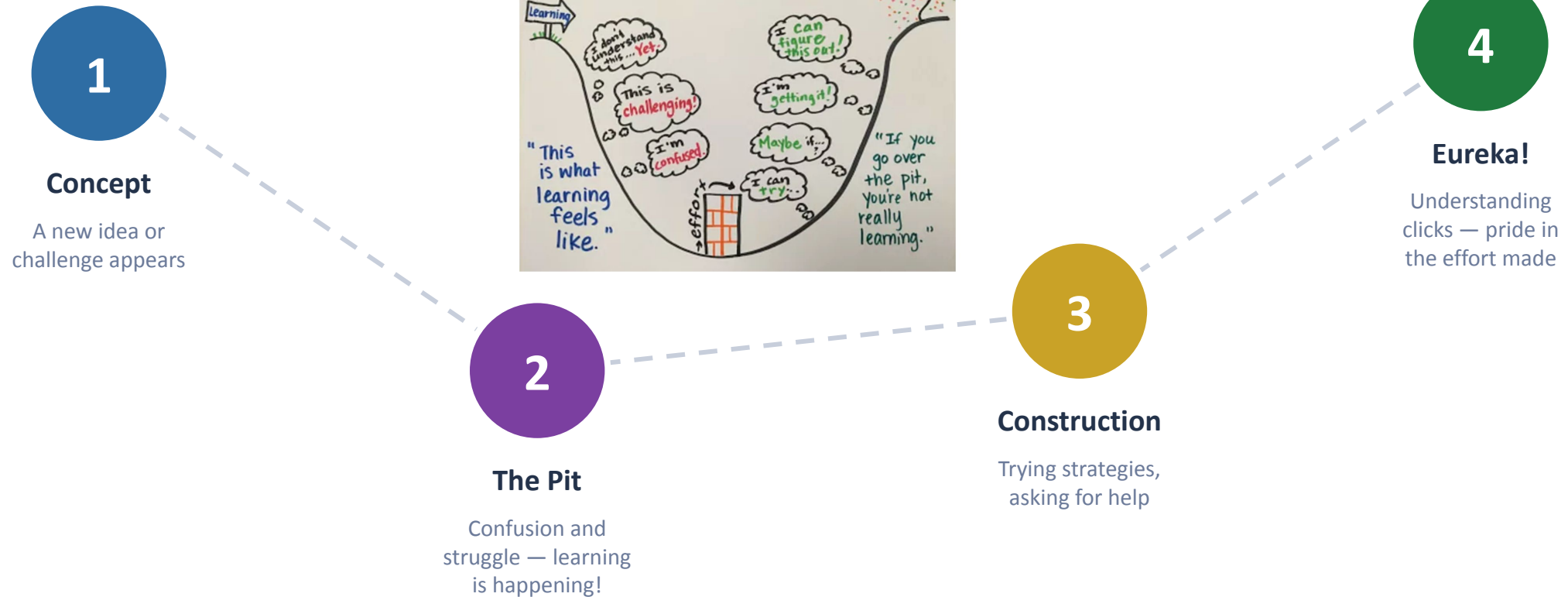
In our classroom: we praise effort and strategy, not just correct answers — so children build a genuine growth mindset, not just the language of one.

Talking point: *notice the language your child uses this week. Do they reach for “yet,” or do they stop at “can’t”?*



The Learning Pit

James Nottingham's Learning Pit helps children see confusion and struggle as a normal, necessary part of learning — not a sign of failure.



Try this at home: if your child says "this is too hard," ask which stage of the Learning Pit they think they're in.



Everyday Strategies We Use in Class

How we help children embrace challenge, learn from mistakes and keep going



We praise the process

"I love how hard you worked on that" — not just "you're so smart."



We normalise mistakes

Errors are shared and unpacked as valuable information, not hidden.



We model perseverance

Teachers think aloud through their own challenges and strategies.



We celebrate effort

Trying a new strategy is recognised, whatever the outcome.

The goal: *children who see challenge as something to work through, not something to avoid.*



Wellbeing & Learning Are Connected

Children learn best when they feel safe, calm and connected. Wellbeing isn't separate from learning — it's the foundation it's built on.

- A regulated, secure child can take on academic challenge — an anxious or unsettled one can't access their thinking as easily.
- Strong relationships with teachers and peers build the confidence to take risks and make mistakes in front of others.
- Emotional check-ins are part of our daily routine, not an afterthought.



Wellbeing is the ground that learning stands on.



Supporting Confidence & Resilience at Home



Do

- Praise the process, not the result — “I love how hard you worked” instead of “you’re so smart.”
- Normalise struggle — share your own challenges and how you work through them.
- Let your child problem-solve first, before jumping in with the answer.
- Ask open questions rather than closed ones like “was school good?”
- Model a growth mindset yourself — let them see you learning something new.



Avoid

- Labelling — phrases like “you’re bad at sport” create a fixed mindset.
- Rescuing too quickly — struggle is where learning happens.
- Closed questions that get a one-word answer instead of a conversation.
- Comparing your child’s progress to siblings or classmates.
- Treating mistakes as something to fix quietly rather than discuss openly.



Conversation Starters for Tonight

Swap “was school good?” for one of these



Growth Mindset

- What was tricky today, and how did you handle it?
- What strategy did you try when you got stuck?



Resilience

- Was there a hard moment today?
What helped you keep going?
- What would you do differently next time?



Wellbeing

- What was the best part of your day?
- Who made you smile or laugh today?

The full question bank (plus more on mindset, resilience and wellbeing) is on tonight’s take-home handout.

Questions?



“In a growth mindset, challenges are exciting rather than threatening.”

— Carol Dweck

Thank you for partnering with us in your child’s learning journey.

