

# How to Build a Growth Mindset in Children

This guide helps adults support children in shifting from 'I'm not good at this' to 'I'm figuring this out.' With a growth mindset, children can become more confident, resilient, and open to challenges

## NAME THE FEELING FIRST

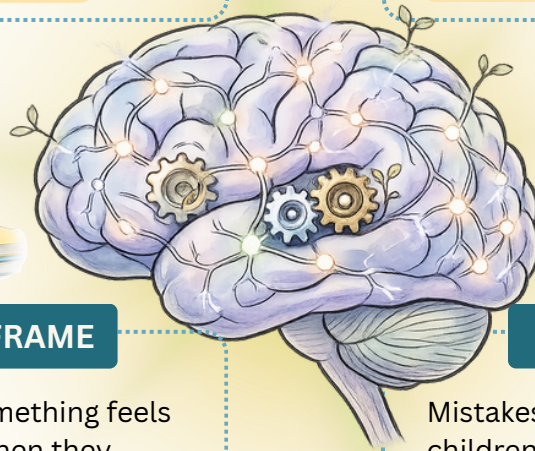
When children feel frustrated or disappointed, they may struggle to focus on learning. Acknowledging their feelings helps calm their brain so they can try again

Say: "That was really frustrating. I can see why you feel upset."

## THE PROCESS PIVOT

Focus on the effort and strategies the child used, not just the result. This teaches children to value persistence and problem-solving.

Say: "I noticed how hard you worked on that. You kept trying different ways."



## THE STRUGGLE REFRAME

Children often think that if something feels hard, they're not good at it. When they understand that effort and confusion mean their brain is growing, they'll be more willing to stick with challenges instead of giving up.

Say: "This feels hard because your brain is learning something new."

## MISTAKES AS CLUES

Mistakes help the brain learn. When children see mistakes as clues, not failures, they become more curious and less afraid to try again. Each mistake is an opportunity to grow and improve.

Do: Ask everyone to share one mistake they learned from today.

## MODELING SELF-TALK



Children learn to respond to challenges by watching how adults handle mistakes and frustration. When adults speak out loud about their problem-solving process, children see that persistence, patience, and trying different strategies are part of learning.

Say: "This is tricky, but I'm going to keep trying and see what works."

When children embrace mistakes, effort, and big feelings as part of the learning process, they build the confidence, resilience, and determination to keep going.

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