

5 WAYS TO MODEL ~~GROWTH MINDSET~~ BEHAVIOUR TO YOUR CHILD



TRY TO LEARN SOMETHING NEW

When you learn something new or practise a new skill, your brain is literally growing. Whatever you pick up, the main point is to demonstrate your child that you are getting out of your comfort zone and learning something new.



PERSIST WITH A DIFFICULT TASK

Persistence and grit are the main predictors of success. Pick up a difficult task or challenge and practice until you get it. And discuss with your child that with deliberate practice, anything is possible.



MAKE MISTAKES AND EXPERIENCE STRUGGLES

Mistakes are great learning opportunities. So be prepared to be wrong and get intrigued by mistakes. And discuss with your child what you've learned from your mistakes.



TAKE ON CHALLENGES ENTHUSIASTICALLY

Challenges make us stronger and help us grow. So get excited about them. Whatever they are.



MEET FAILURES WITH A RENEWED EFFORT TO SUCCEED

"Success consists of going from failure to failure without losing enthusiasm." W. Churchill. Approach your failures with the growth mindset. Discuss with your child what did you learn from that and what are the next steps you will take to fix that.