

LESSON 5 - THE POWER OF YET

Social and Emotional Competency: Self-management

Learning Intent:

- Explain the difference between a growth mindset and a fixed mindset
- Explore the power of yet by changing I Can't thoughts to I Can't Yet
- Learn how to overcome obstacles and frustrations
- Learn about I Can't Yet Goal setting



Lesson Five

Lesson 5 is about teaching the children how to change 'I Can't' thoughts to I Can't Yet, with the aim of encouraging a positive attitude and a growth mindset toward learning. We all have beliefs about our own abilities and potential. These beliefs are part of our mindset, which helps determine the actions we take – or don't take – as we go through life.

Growth Mindset is a concept developed by Carol Dweck, a professor of Psychology at Stanford University. A Growth mindset is the belief that a person's abilities and intelligence can be developed through practice, hard work, dedication and motivation. A fixed mindset is the belief that intelligence taken alone will lead to success and that they are fixed and cannot be developed or improved upon.

Changing the way students perceive their own abilities and potential can drastically improve their performance. Too often students live in the now rather than the yet and as a result they focus on their limitations rather than their potential.

Children with a growth mindset are more likely to

- Learn from their mistakes
- Be motivated to succeed
- Put forth more effort
- Take challenges head on
- Take risks
- Seek feedback
- Learn more
- Learn faster

Ways to Help your Child Develop a Growth Mindset

1. Praise the process. Instead of saying, 'You're so smart!' praise effort, goal setting, persevering through challenges and being creative. You can say something like, 'Wow. You must have worked really hard on that'.
2. Encourage failure. Your child needs to know that failure happens and it is okay! Remind him/her that each time she fails and tries again her brain is growing stronger! Don't step in to prevent your child's failure this is how he/she learns to persevere in the face of challenges.

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3. Avoid labeling your child and others. Whether it's a positive label (You are so smart!) or a negative one (He's not very good at math), they both communicate a fixed mindset. Instead of motivating kids, labels like these can lead to limiting beliefs about themselves and others. Sometimes a small shift in the language we use – like adding yet – can drastically change a phrase's meaning and a kid's worldview.

4. Show your struggles. It's hard to model a growth mindset if you always try to hide your mistakes from your children. It's a natural tendency since we want to protect them. But in this case, showing your struggles can be a lifelong gift to your children. So try talking about your mistakes – even parenting mistakes – and what you've learned from them. One characteristic of a growth mindset is viewing failure as a springboard for growth. When children see our failures and hear us working through them they will be better equipped to do the same.

5. Encourage risk taking. If your child avoids risk taking due to the fear of 'needing to be perfect', point out their unhelpful, negative way of thinking. Remind them that taking risks stretches their brain, which will make them smarter. Explain to your child that taking risks means that they try something new even though they may not, at first, be able to do it.

10 Praise the Process Statements!

1. You tried really hard on that.
2. You never gave up, even when it was hard.
3. I like the way you are doing...
4. It was really brave of you to...
5. You are not afraid of a challenge! I like that!
6. What a creative way to solve that problem!
7. I can tell that you tried your very best because...
8. I appreciate how helpful you were when you.....
9. I am so proud that you made that choice....
10. You thought of that all by yourself!

