

Growth Mindset and resilience .

Why are they important?

How can we develop them in young children?



What is Growth Mindset and why is it an intrinsic part of our learning culture at Littleton?

It stems from over 30 years of research by Dr Carole Dweck (Stanford University)

Why we have chosen to develop the learning to learn culture at Littleton.



RESILIENCE

- Resilience is our ability to ‘recover quickly from difficulties’
- Psychological resilience is an individual’s tendency to cope with stress and adversity.



Developing RESILIENCE in children for life in the 21st Century



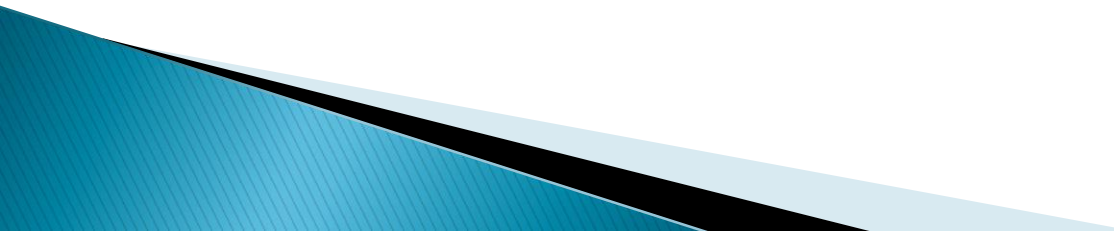
Why is it important?

Resilience is a strong predictor of future success, not just academic or monetary but also for emotional wellbeing as a young person and adult

Statistics show that poor mental health in children and young adults is increasing.....

RESILIENCE CAN BE DEVELOPED IN CHILDREN.....

RESILIENCE LINKS TO LITTLETON'S CORE VALUE: *'Care for Ourselves'*

- As parents we can't change the challenges that our children face nor can we ensure that they are constantly happy
 - There is no gene that gives us happiness, success or greatness ~ it is within each child
 - When our children become more resilient they are braver, more adaptable and more able to grow and develop as successful individuals in their world
 - As adults we can nurture and strengthen their resilience ~ children need to be exposed to a degree of challenge and adversity in order to learn this BUT not too much.....
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#1

Resilience needs relationships

In the context of a secure and loving relationship with an adult children can develop vital coping skills. The presence of responsive adults can help to reverse the psychological changes that are activated by stress.

*"I told Grandad how brave you
Were, he is very proud of you."*



2

Build feelings of their competence and mastery



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- Remind them that they can do hard things.
- Acknowledge their effort as well as achievements
- Encourage them to make their own decisions
- When they have experienced this they will be less reactive over time to future stresses
- Don't use 'empty praise' or over praise
- ***“You’re a superstar when it comes to trying hard things. You’ve got what it takes. Keep going and you’ll make great progress and get there.”***

#3

Nurture Optimism



- Optimism is one of the key characteristics of people with strong resilience.
- There is a way to reframe our thinking and model this for children so that we focus on what is left rather than what has been lost
- *“It’s disappointing when we’ve planned a picnic in the park and it rains. Let’s make the most of today. Let’s think of something that we probably wouldn’t do if it was sunny.”*

#4

Model resilience as an adult learner

Imitation is a powerful way to learn....

Without over sharing beyond their emotional capacity, let them see how YOU deal with disappointment and how you demonstrate resilience.

If you normalise this then they can explore what these feelings mean for them in a safe secure place.



#5

Don't always rush to their rescue!

- Ensuring children are exposed to manageable challenges will help their ability to manage stress as they get older.
- Scientific evidence suggests that these early experiences can cause positive changes in the prefrontal cortex of the brain



#6

Let them know that you trust their capacity to cope

Fear of failure isn't about the loss but how they and you as their parent responds to it. If you believe they can cope with the stumbles and bumps along the way, they WILL believe this too.

As a parent you feel every bump, trip and scrape. It is heart-breaking when things don't go their way.... But this is the moment to model resilience and they will be watching you.....



#7

Let them talk and listen to their ideas

Don't immediately step in to solve all their problems. Instead listen as they offer solutions ~ their capacity to think and problem solve is immense!!

As parents you are the safest and most secure place for them to problem solve

Give them the space to explore and wander around their thinking and ideas.....



#8

Try, 'how', not 'why'



When things go wrong asking children 'why did you do that?' (why did you paint the cat white?) will lead to a ... because it was... response

Reframe with how...

'The cat is white but it is not OK for her to stay white. How can we fix this problem?'

#9

And finally.....

Some questions to ask your child
at the end of the school day
instead of 'what did you do at
school today?'

Tell me 2 good things that
happened today?

Teach me something you learnt
today?

Tell me a time you had to
persevere and show resilience in
your learning?

