

# Check-in from the School Counselor

## Thursday, March 26, 2020

Hello, SMRS Families!

Hope you all are having a great week and staying well. For today's "check-in," we're going to talk about the power of YET (growth mindset)!

How many times have you heard your child say, "...but I can't do it!"? How many times has your child said that and then found out that yes, they could accomplish that task? Imagine all of the things our students could accomplish if they focused on the power of "YET!" Growth Mindset is all about encouraging our children to focus not on the negatives, but what could be...not where they are, but where they are going, and reminding them that it's okay to make mistakes. Developing a growth mindset is like being successful in sports or band; you need to practice in order for it to stick! When you notice your child starting to focus on what they cannot do, help them retrain their brain with positive thinking. For example, instead of: "This worksheet is too hard!", say: "If I keep trying my best and working hard, I'll finish this in no time!"

For my Pre-K to 2<sup>nd</sup> grade students, there are two books I love that talk all about growth mindset. "Bubblegum Brain" by Julia Cook and "My Fantastic Elastic Brain" by Jo Ann Deak. I'm including links to YouTube read-aloud versions of both stories below:

**"Bubble Gum Brain":** <https://www.youtube.com/watch?v=QByD-EmSr8I>

**"Fantastic Elastic Brain":** <https://www.youtube.com/watch?v=H4G1gVwMd3I>

For my 3<sup>rd</sup> through 8<sup>th</sup> grade students, I encourage a lot of reflection and review for developing a growth mindset. Remind students of things that perhaps they couldn't do before but can do now, or things that they knew and helped teach others about (like new technology / apps!). I am including some journal prompts and infographics about growth mindset for the students in today's message.

It is important during our remote learning time to encourage your child to focus on their growth mindset and that something they think they cannot do is only a "yet" away!

Wishing everyone a wonderful rest of their week! Be well and Stay Safe!

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# I have a **GROWTH MINDSET!**





## Journal Prompts for Growth Mindset:

1. What has been the biggest challenge you've faced? Why was that a challenge? What did you do to tackle that challenge to make it a success or what are you doing to tackle the challenge?
2. In life, do you want things to be easy or challenging? Tell me more about it!
3. Write about something you did this week where you used your growth mindset (power of YET).
4. What is the best mistake you ever made? Why?
5. Your friend didn't make the soccer team and is really disappointed. What advice would you give them to help them feel better?

# PARENT'S GUIDE TO A GROWTH MINDSET

*Your brain is like a muscle. When you learn, your brain grows.  
The feeling of it being hard is the feeling of your brain growing!*

Big Life Journal

## PRAISE



### FOR:

EFFORT  
STRATEGIES  
PROGRESS  
HARD WORK  
PERSISTENCE  
RISING TO A CHALLENGE  
LEARNING FROM A MISTAKE

### NOT FOR

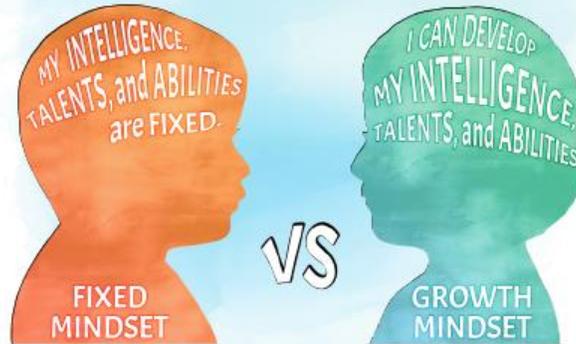
TALENT  
BEING SMART  
BORN GIFTED  
FIXED ABILITIES  
NOT MAKING MISTAKES

## THE POWER OF "YET" SAY

"YOU CAN'T DO IT YET."  
"YOU DON'T KNOW IT YET."

"IF YOU LEARN AND  
PRACTICE, YOU WILL!"

# BRAINS can GROW



**FAILURES AND MISTAKES = LEARNING**

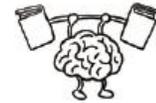
**SAY**

"MISTAKES HELP YOU IMPROVE."  
"YOU CAN LEARN FROM YOUR MISTAKES."  
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

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## RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR  
OWN THINKING AND THE  
MESSAGES YOU SEND  
WITH YOUR WORDS AND  
ACTIONS.



## ASK

"WHAT DID YOU DO  
TODAY THAT MADE YOU  
THINK HARD?"

"WHAT NEW STRATEGIES  
DID YOU TRY?"

"WHAT MISTAKE DID YOU  
MAKE THAT TAUGHT YOU  
SOMETHING?"

"WHAT DID YOU TRY  
THAT WAS HARD  
TODAY?"