



# GROWTH MINDSET

## Growth Mindset in Young Children Using Purposeful Praise



We all praise special moments - from their first step, first words, putting on their own coats, to writing their names. But, did you know the way in which you praise a child and acknowledge their mistakes can actually help GROW their brain?

Offering process praise and accepting mistakes are both vital in helping to create a growth mindset in a child.

A growth mindset is simply a belief that with purposeful language and effort we can actually help a child

grow their intelligence and skill sets. Children with a growth mindset THRIVE during a challenge, persevere through obstacles, and recognize mistakes are part of the overall learning process. Our language can directly affect the way children not only see themselves but also view the world around them.

We can all make a difference by shifting our own mindset to a growth mindset. Use purposeful process praise while celebrating mistakes. These simple changes can help children grow and thrive.

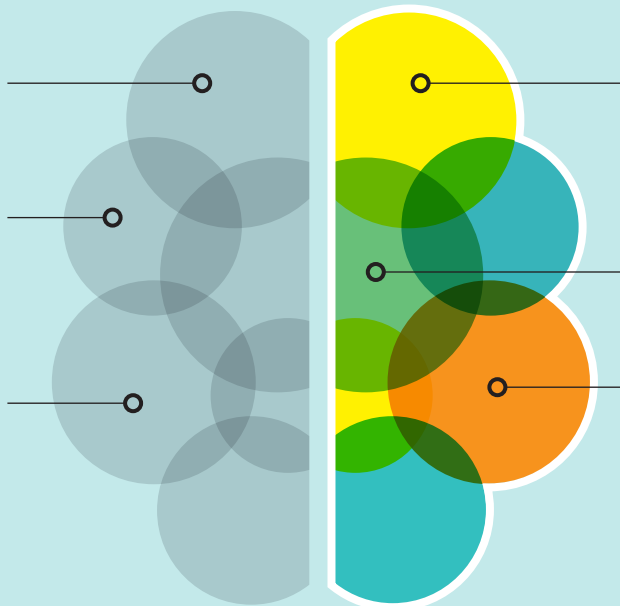
### What exactly is process praise?

#### Instead of this:

Wow! You made a tall tower of blocks.

You are so smart.

You did it!



#### Say this:

I like how you kept building even when it fell. Tell me about your tower.

I like how you really tried hard on that.

I like how you didn't give up learning how to write your name. Now let's look at your last name.

Praise the process instead on focusing on praising the person only.

