

Growth and Fixed Mindset Language

Words That Encourage a Growth Mindset:

1. Wow! 😊
2. Look at that!
3. Tell me about it.
4. Show me more.
5. How did you do that?
6. Let's see what you did.
7. How do you feel about it?
8. How did you figure that out?
9. I see that you _____
(be specific)
10. That looks like it took a lot of effort.
11. How many ways did you try it before it turned out the way you wanted it?
12. What do you plan to do next?
13. That looks like it took so much work.
14. Are you pleased with what you did?

Fixed Mindset Labels:

Smart
Cute
Great
Fast
Best
Pretty
Good
Quick
Clever
Beautiful
Lovely
Intelligent
Right
Amazing
The best
Better than _____
(another person)

Grow Your Mind-Set

"What did you struggle with today?"

"This is hard, this is fun, what should we do next?"

"You can grow your intelligence"

"You can learn. You can stretch. You can keep mastering new things."

"I don't think there's anything better in the world than a child hearing from a parent or teacher the words, 'You'll get there'."

"Do you label your kids? This one is the artist and that one is the scientist. Next time, remember that you're not helping them -even though you may be praising them. Remember... praising kids' ability lowered their IQ scores."

Quotes from *Mindset: The New Psychology of Success*