



Bloomfield Title 1 News

MATH
1 + 1 = 2
MAKES YOUR
LIFE ADD UP!

March 2019 – Having a Growth Mindset

We have been busy working hard to help our students become successful readers, writers, and mathematicians! We hope this newsletter gives you some useful information to help you help your child be even more successful. Our focus for this issue is **Having a Growth Mindset**.

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What is a Growth Mindset?

We used to think that our intelligence was fixed – meaning we were either smart or we weren't. Scientists have proven again and again that simply is not true. Our brain acts like a muscle – the more we use it, the stronger (and smarter) our brain becomes. Encourage your child to have a growth mindset.

If your child says, "I can't do it!"
SAY: "You can't do it YET!"
If your child says, "I don't know it!"
SAY: "You don't know it YET!"
"But if you learn and practice, you will!"

How Can You Help Your Child Have a Growth Mindset?

Talk about it!

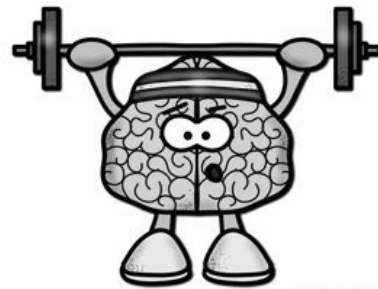
Talk with your child about their day, but guide the discussion by asking questions like:

- Did you make a mistake today? What did you learn?
- What did you do that was difficult today?
- Did you keep trying?

Growth Mindset Beyond the Classroom

Having a growth mindset can apply to many areas of life (athletic, musical, social). Is your child having trouble getting the basketball into the net? Does he or she keep making mistakes on a guitar chord? Has he or she tried to initiate play with someone but it didn't go well? Don't just leave it at that! Discuss what the next steps would be for improvement. Help your child grow!

my brain is like a
MUSCLE



What Does a Growth Mindset Look Like?

These are some examples of what a person with a growth mindset may do:

- Embrace challenges
- Give their best effort
- Learn from feedback
- Become inspired by other people's success
- Believe their intelligence can change if they work hard

Encourage your child to have a growth mindset. It can make a huge difference in his or her achievement.