

## Developing A Growth Mindset




Growth mindset refers to a learning theory developed by Dr Carol Dweck. It revolves around the belief that you can improve intelligence, ability and performance. The opposite, a fixed mindset, refers to the belief that a person's talents are set in stone. Years of research have shown that mindset is malleable. This means that by helping children to develop a growth mindset, we can help them to treat mistakes and challenges as part of the learning process and become efficient and effective learners.

There is no set way on to develop a growth mindset in children. At John Hampden School, we focus on these areas:

- **Types of Praise** – we praise the process, their effort and individual development over the result, encouraging to ask for and act on feedback and encouraging a sense of curiosity
- **Level of Expectation** – having high, challenging but realistic expectations and communicating this to children
- **Positive Group Norms** – creating a growth culture that values learning, education and development
- **Language of Learning** – teaching children how to talk about and describe learning and to do so in a positive, helpful and energised way.



### Learning About The Brain

- What does the brain look like?
- How do you exercise your brain?
- How do you look after your brain?

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| the brain   | sleep   | healthy foods and drinking water  |

### Learning How To Grow Our Brain

We all have the ability to grow our brain. We need to challenge ourselves to try out new learning.

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### Learning How To Be Positive When Learning

- To help you grow your brain and learn more you need to be positive.
- You need to think I CAN DO IT!
- I will try my best.
- It is good to make mistakes and learn from them.

### Super Learning Powers At John Hampden

We have created special 'Superheroes' which not only teach children to develop a growth mindset, they also underpin our school values as well as the Characteristics of Effective Learning.

## Super Learning Powers

| Grow your brain-Super Learning Powers      |   | Characteristics of Effective Learning  | School Values  |
|---|---|--|---|
| <b>Captain Challenge</b><br>               | I can grow my brain and explore new learning  | Playing and Exploring<br><br>Active Learning   | Independence<br><br>Perseverance  |
| <b>Collaboration Kids</b><br>              | I can share my ideas with others and work as a team to reach a goal   | Playing and Exploring<br><br>Active Learning   | Collaboration<br><br>Belonging  |
| <b>...ors</b><br>                          | I can talk about my learning and I like to know how to make my work better  | Creating and Thinking Critically   | Reflection  |
| <b>Professors who Persevere</b><br>      | I am determined to keep trying even when it is hard. I can learn from my mistakes.  | Active Learning  | Perseverance<br><br>Reflection  |
| <b>Secret Agents of Independence</b><br> | I can work out what I need and am happy to work independently.  | Playing and Exploring<br><br>Active Learning<br><br>Creating and Thinking Critically | Independence  |
| <b>The Masters of Ideas</b><br>          | I can think of ideas<br>I can work with others to grow ideas<br>I can say why I like/dislike an idea<br>(Linked to compromise/leadership) | Creating and Thinking Critically   | Independence<br><br>Collaboration<br><br>Respect<br><br>Good Manners                              |
| <b>Dynamo Planners</b><br>               | I can think of my own ideas and plan what I need to do  | Creating and Thinking Critically   | Independence<br><br>Collaboration<br><br>Reflection   |