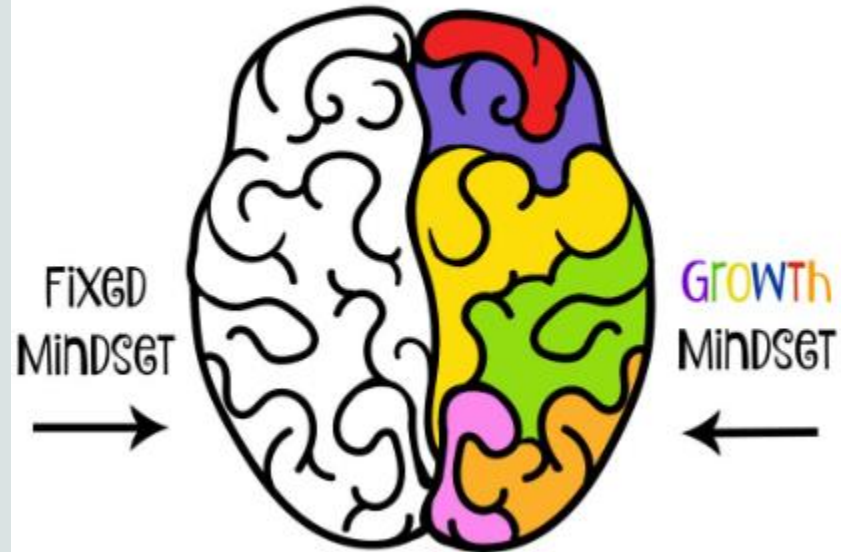


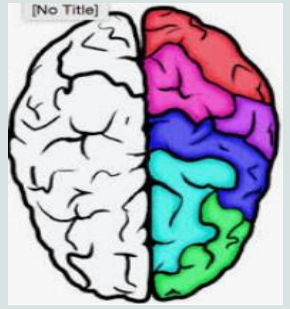


GROWTH MINDSET

and **Village Box Breathing**

WHAT KIND OF MINDSET
DO YOU HAVE?



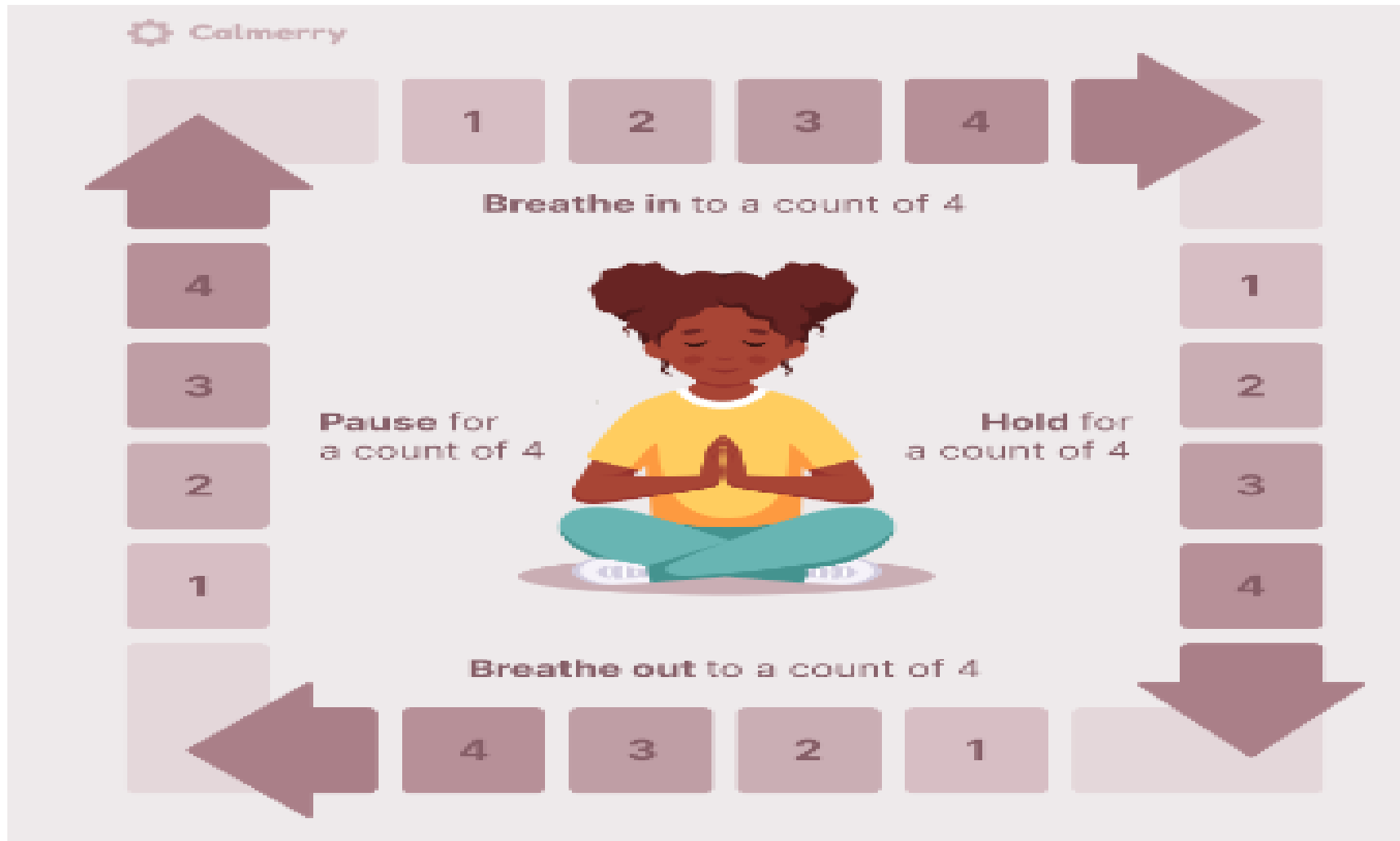


Aims:

- To teach you the Village Box Breathing technique.
- To define the terms 'mindsets' and explain the difference between fixed and growth mindsets
- To explain how and why we teach mindsets
- To identify ways in which you can support yourself and child over the summer holiday.

Box breathing

<https://www.youtube.com/watch?v=ummlQOQFHZA>

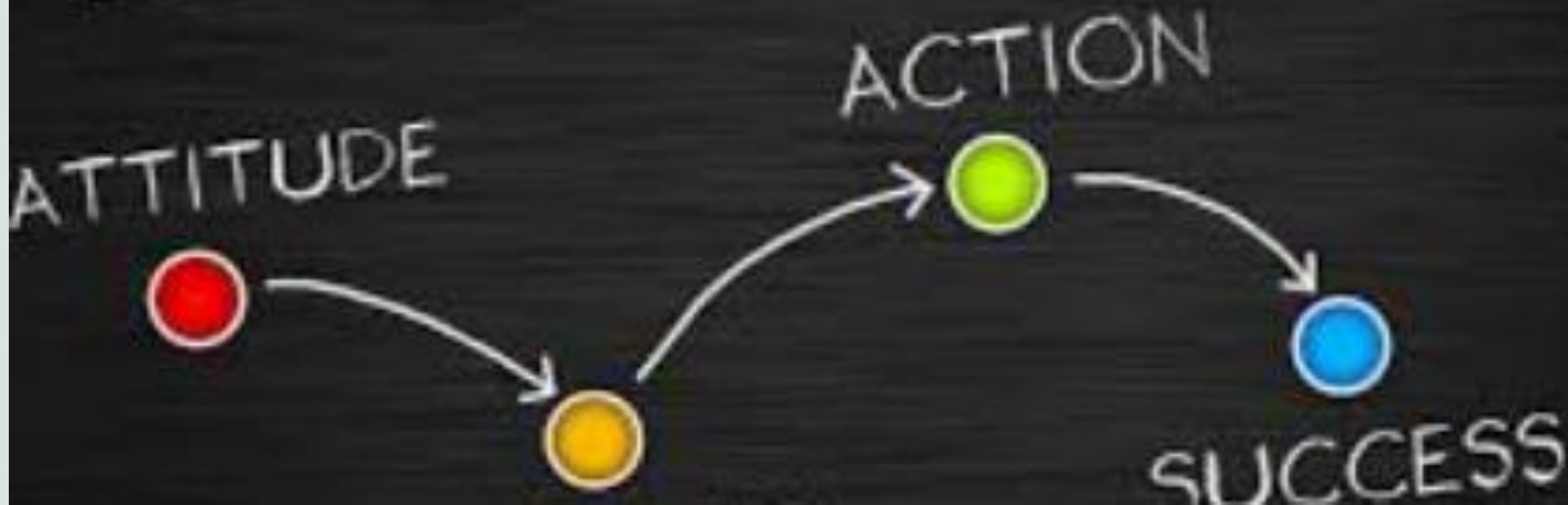


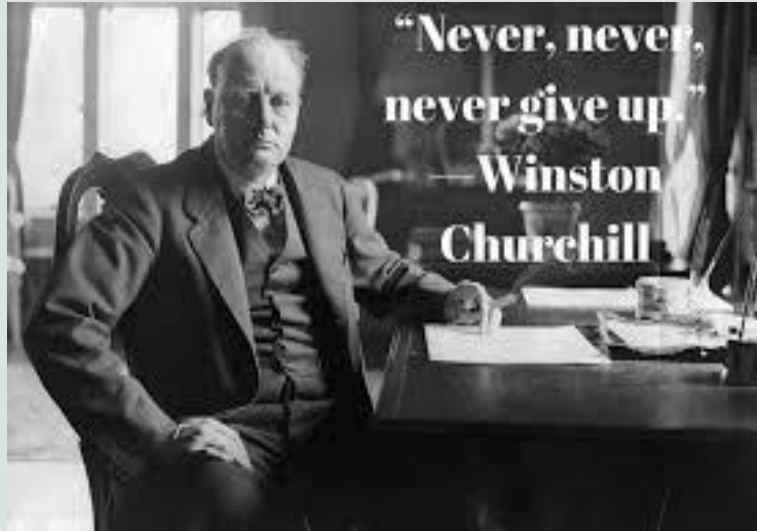
Box breathing

Can lower blood pressure and provide an almost immediate sense of calm. When you are stressed, your breathing typically gets small and short, but taking deep breaths signals to the body that it is safe to activate the parasympathetic nervous system which is the rest and digest part of the NS.

Highly trained military individuals use box breathing also called “the Navy SEAL breathing technique” to steel their nerves and focus before entering high-pressure situations. So do professional athletes, police officers, and nurses.

MINDSET





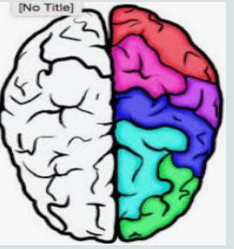
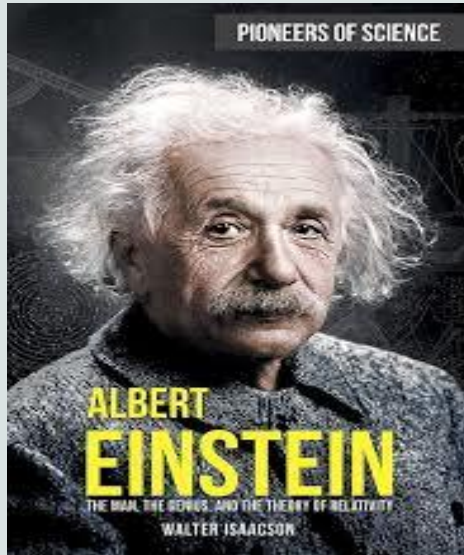
- Prime Minister

- Winston Churchill repeated a grade during elementary school.
- He was placed in the lowest division of the lowest class.

Composer

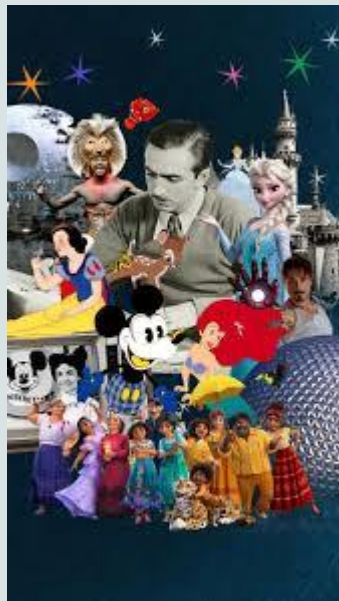


- Beethoven's teacher called him a hopeless composer.
- He wrote five of his greatest symphonies while deaf.



Role models

- Einstein's teacher said that he was 'academically subnormal'
- Michael Jordan's coach said that he wasn't more talented than other people
- Walt Disney was told that he lacked 'creative imagination'



- **Scientists used to think that no matter how much you learn, or how hard you work, your intelligence stays the same.**
- **A mindset is a mental attitude that determines how you will interpret and respond to situations.**
- **Having a positive mental attitude can help you throughout your life.**

Fixed Mindset

- Belief that ability is fixed
- People are born smart/sporty, etc.
- Depressed after failure
- Puts in less effort
- Doesn't try new strategies

Growth Mindset

- Belief that people can grow and develop
- Sees failure/setback as a learning opportunity
- Puts in effort and persists
- Tries alternative routes to success

When do you feel smart?



Fixed mindset:

“When I don’t make any mistakes.”

“It’s when I finish first and it’s perfect.”

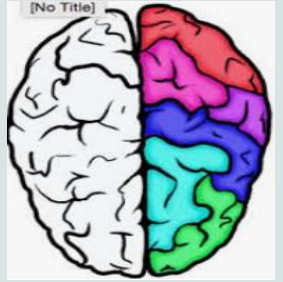
“When something is easy for me and others can’t do it.”

Growth mindset:

“When it’s really hard, and I try hard, and I can do something I couldn’t before.”

“When I work on something for a long time and finally figure it out.”

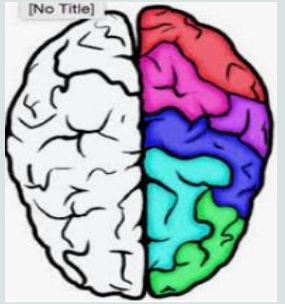
What's the big deal?



Fixed mindset thinking results in:

- a false sense of superiority, undermined by a deep sense of self-doubt
- a fear of failure and a refusal to take risks
- a feeling that failure permanently defines you as not being good enough.
- a need to prove yourself again and again.

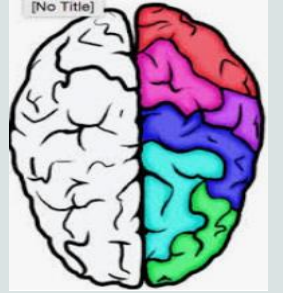
What's the big deal?



Fixed mindset thinking results in:

- **the belief that only untalented, ungifted people have to work for success and that effort somehow reduces you**
- **a need for validation and reassurance in labels ('smart'), whether earned or not**
- **a desire to blame others or outside circumstances when things don't go your way**

Growth Mindset



Growth Mindset thinking results in:

- **love for learning, self-improvement and the ability to make progress.**
- **a desire to be challenged**
- **a willingness to work for positive results.**
- **a belief that you can control the outcomes in your life with effort and practice**
- **the ability to learn from mistakes and failures**
- **emotional resilience**

[https://www.youtube.com/
watch?v=NWv1VdDeoRY](https://www.youtube.com/watch?v=NWv1VdDeoRY)

Home - Village
Infants School

Why should you teach growth mindsets to children?

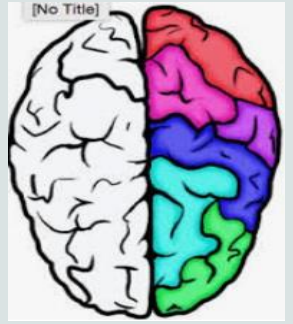
- Research shows that the children make greater academic progress if they embrace the growth mindset concept
- It helps to create independent learners
- It builds resilience and life-long learners
- It creates a collaborative culture in the classroom where everyone is supported

Feedback and Praise



- Praising children's intelligence puts them in a fixed mindset.
- How do you respond...?
- When a child succeeds?
- When a child struggles?



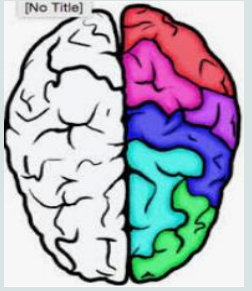


Messages children hear

Parent says: “You learned that so quickly! You’re so clever!”

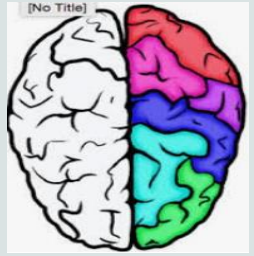
Child hears: “If I don’t learn quickly, I’m not clever!”

Praise



- Praise effort rather than ability
- Encourage children to see learning as a process that is more valuable than the end results
- Model how to give feedback to the children as this will provide them with a structure to work with. *WHY are you proud of them?*
- Identify challenges for children and ask them to identify their own challenges

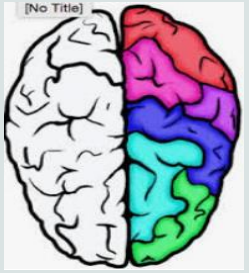




How can you support your child?

- Model your own growth mindset and discuss things you find challenging
- Praise their hard work and progress rather than the marks they get
- Praise them when they think for themselves, work well in teams and change their minds after thinking something through
- Accept that mistakes are a really important part of learning
- Encourage them to challenge themselves in their learning

Useful links



<http://www.bbc.co.uk/cbeebies/grownups/help-your-child-try-new-things>

<https://www.mindsetkit.org/growth-mindset-parents>

<http://www.bbc.co.uk/news/magazine-13128701>

<https://www.youtube.com/watch?v=2zrtHt3bBmQ>