

September 2020, First Edition (Special)

BEATITUDES

BRINGING YOU 'BLESSEDNESS' FROM THE CLSMSS ENGLISH DEPARTMENT



WHAT'S INSIDE:

Growth Mindset

**Growing a Growth
Mindset**

**Growing through
challenges with
gratitude**

**The Gratitude for
Change Challenge**

WHAT IS GROWTH MINDSET?

Have you heard of "Growth Mindset"?

In education, a growth mindset is defined as the student's belief that intelligence can be developed through hard work, effective strategies, and support from others. The opposite would be a fixed mindset - when a student believes that, if he's not born with intelligence, he will never be smart.

Research studies have repeatedly proven the value of a student with a growth mindset. In one study of nearly 170,000 students, those with a growth mindset were three times more likely to score high in an assessment test than students with a fixed mindset.

However, the value of the growth mindset doesn't end with only academic achievements. It could also triple your likelihood for success, however you may choose to define it. By believing that your skills and talents are not fixed, that with hard work, effective strategies, and help from others, you, too, can grow through any challenge.

Let us find out what exactly is growth mindset?

What is growth mindset?

Pinky has two friends,



Sam and Mia

Sam always had good grades on his math tests and felt like he was good at math. One day, he was sitting in math class and realized he was struggling. "Struggling in math? No way! This can't be!" thought Sam. "I'm good in math, right?" Sam started to get frustrated and thought to himself, "I am not good at math. There is no use in studying. I'm never going to get it." Then, Sam stopped studying.



Sam got frustrated.

Mia never really had considered herself a math person. She'd always thought that Sam was better at math. On the same day that Sam was struggling, Mia was struggling as well. She wanted to give up. She wanted to run away and never have to do math again. In her frustration, she yelled, "I QUIT!"



Mia got frustrated.

Mia's friend, Liz, was surprised by Mia's frustration. Liz reminded Mia that it takes time and practice for the neurons in her brain to learn how to work together. She said, "Give your brain some time to learn this!"



Mia talks to Liz.

Instead of giving up, Mia continued to practise and make a few mistakes. She looked at her mistakes and thought, "I got this wrong now, but I'm going to learn from my mistake and get it correct next time." Mia continued studying and started to notice that—slowly but surely—it was getting easier as her brain formed the new connections it needed to solve the math problems.

Mia and Liz also became study buddies. They do a lot of things together.

1. They ask for help.



Mia raises her hand.

2. They study together.



Mia reviews her study materials.

3. They view mistakes as learning opportunities.



Mia is happy.

Growth mindset vs. Fixed Mindset



Earlier, we saw how Sam and Mia had different experiences when learning a difficult concept in math. Sam believed that if he couldn't do it immediately, then he would not ever be able to do it. Mia believed that with the right learning strategies, such as giving herself time to learn and seeking help from Liz and her teacher, she would be able to learn.

Sam is not setting up his brain to grow because he doesn't believe that his brain can grow. However, Mia does believe her brain can grow!

Mia is exercising something called growth mindset. The growth mindset is the belief that you can grow your brain and that your intelligence grows with effort and the right learning strategies.

Sam is exercising something called fixed mindset. The fixed mindset is the belief that you cannot grow your brain and that if you can't do or understand something immediately, you will never get it.

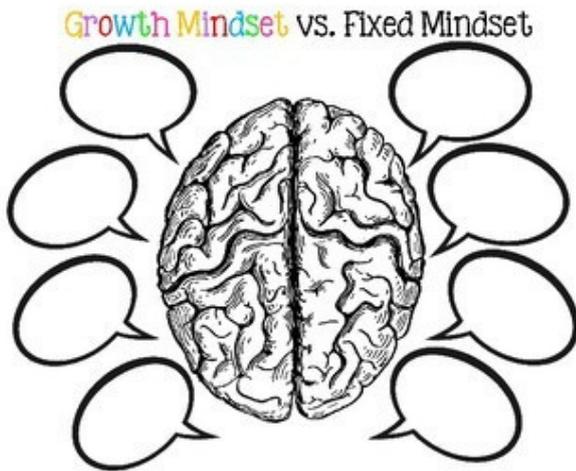
How can having a growth mindset help me?

Enjoy the video! It tells you how having a growth mindset can help you.

<https://www.youtube.com/watch?v=oroRXBlEuRs&feature=youtu.be>

You might like to write down some of the benefits in the space below:

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Isn't it exciting to know that having a growth mindset can help you in so many ways?

Are you ready to grow a growth mindset?

What voice will I hear? What if I have a mixed mindset?

It's normal to have both a fixed and a growth mindset talking to us and competing for our attention.

Sometimes we listen to our growth mindset. We say to ourselves, "You can do this!" and think, "I'm not giving up!"

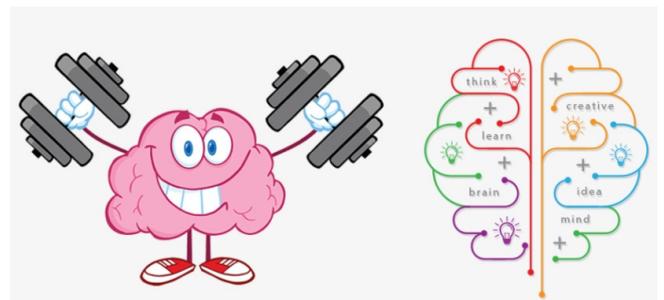


Mixed mindset

Other times, our fixed mindset shows up. It might be triggered by a mistake, a failure, or criticism from someone.

Our fixed mindset voice says things like, "I'll never be good at this. It's too hard. Just give up." And sometimes our fixed mindset takes control, filling our head with thoughts like, "I'm not artistic", "I'll never be a good writer", or "I'm not a math person."

Everyone falls into the fixed mindset sometimes. We just need to notice when our brains are stuck in a fixed mindset and remind ourselves that our brains are built to grow, change, and learn.



What can we say when we are stuck?

When you get stuck, try using these strategies to jumpstart your growth mindset:

1. The power of yet: Add yet at the end of your fixed mindset statements. Example: "I can't do this." → "I can't do this YET!"
2. Say stop: When your fixed mindset voice is getting out of hand, tell yourself to stop and clear your mind before continuing.
3. You instead of I: It's easier to pump yourself up and give yourself crucial advice using the word you instead of I. Example: "I got this." → "YOU got this!"



Take a moment to reflect.

In this reflection, you will create your own growth mindset pep talk that you can use to conquer your fixed mindset voice when you hear it.

Step one: Give your fixed mindset voice a nickname. Why? A nickname can help you recognize your own fixed mindset thoughts. Write down the nickname and save it.

Step two: Identify when your fixed mindset voice shows up. Here are some situations when your fixed mindset might show up:

Having to speak English all the time— I'm not good at all! It's so difficult!

Playing soccer—Running is quite challenging for me!!

What are some other situations when your fixed mindset voice shows up?

Step three: Plan out what you'll say to your fixed mindset.

Here's what someone might say when his/her fixed mindset shows up:

- "My brain can change! It just needs time and practice."
- "YOU can do this! Maybe you just need to try a different strategy."
- "This is hard! My brain will form a lot of new connections as I learn it."

When you start hearing your fixed mindset voice, what are three things you could say to yourself in response?

When I hear my fixed mindset voice, I will tell myself ___.

When I hear my fixed mindset voice, I will ___.

Remember, everyone struggles in different situations!

Struggling and being challenged is just a part of the learning and growing process.



Growing a growth mindset with gratitude

Gratitude is the moral emotion that promotes cooperation and makes our environment pleasant and kind. It is the feeling of respect for things that are given,

Many of us spend most of the year thinking about what we want and what's next. It's not until someone reminds us to think about what we're grateful for and how to express that gratitude, that we begin to do so.

Expressing thanks shouldn't be a once-a-year tradition. It is possible to cultivate a gratitude mindset that will stick with us throughout the year.

A gratitude mindset means lower levels of envy, anxiety, and depression as well as increased levels of optimism, self-worth and well-being.

How can I feel grateful when everything around me is so unpleasant?

It is precisely from practising gratitude in the most challenging of situations that you are able to cultivate a growth mindset. This is what is known as 'Unlikely Gratitude', which is finding the opportunity for growth in an otherwise, mundane, annoying, or horrible situation.

What is your Unlikely Gratitude?

Three steps to helping you cultivate a Growth Mindset:

- 1: Get yourself a piece of paper + pen.
- 2: Identify a challenging situation you are currently facing. If you are stuck, you could think of one that leaves you feeling hopeless or intimidated.
- 3: What is the unlikely gratitude in your situation? Pose this question to yourself: This situation is perfectly crafted for your unique growth. How?

What are your bigger goals in life, and how could this situation serve as steps on a ladder toward those goals?

Simply identifying your Unlikely Gratitude cultivates a growth mindset.



The Gratitude for Change Challenge

Now that you have learnt more about the importance of recognising things/people/events which you are grateful for, are you ready for a **Gratitude Scavenger Hunt** which you could participate in over the course of the week/month?

Challenge yourself to think of **ONE** positive thought every day, to think of **ONE** thing which you are grateful for every day, and do this every day. Make this a habit, and begin to notice the small changes in your life henceforth..

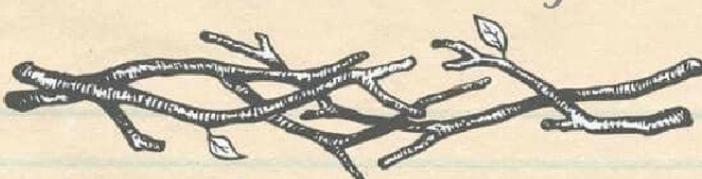
Are you up for the Gratitude for Change Challenge?

“My socks may
not match,
but my feet are
always *warm.*”

MAUREEN MCCULLOUGH

thegoalchaser.com

Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



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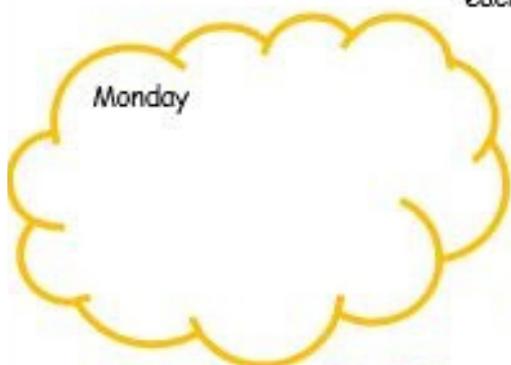
Positive Thoughts Diary

Positive Thoughts Diary



For one week record a positive thought or picture each day.
Think back and reflect on your day - what went well? Remember only positive thoughts allowed for this diary.
At the end of the week how do you feel? Did it get easier to be more positive each day?

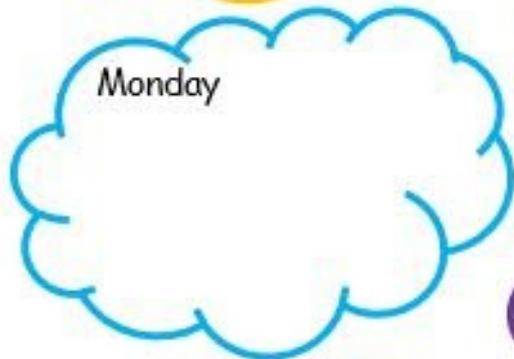
Monday



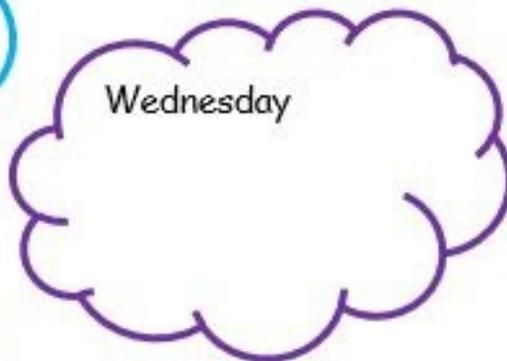
Tuesday



Monday



Wednesday



Friday



Saturday



Sunday

