



GROWING MINDSETS CONVERSATION STARTERS

WHAT DID YOU DO TODAY THAT MADE YOU GROW YOUR BRAIN?

Recent advances in neuroscience have shown us the brain's potential is even greater than we originally believed. Research shows that framing conversations about our brains growing like a muscle gives children a sense of control of their own learning.

WAS THERE ANYTHING THAT MADE YOU FEEL STUCK TODAY? GREAT! WHAT WAYS CAN YOU TRY NEXT TIME TO GET UNSTUCK?

Recognizing "stuck" moments builds self-awareness and promotes problem solving skills

TODAY I STRUGGLED WITH... CAN YOU HELP ME SOLVE THIS PROBLEM?

Verbalizing our own challenges normalizes struggle as part of the learning process. Asking for advice models problem solving skills and builds empathy.

TELL ME ABOUT THE BEST MISTAKE THAT YOU MADE TODAY!

Mistakes are a normal. In fact, they are essential for learning. Celebrating mistakes builds resilience.



DID YOU GROW NEURONS TODAY? TELL ME HOW!

Scientifically, the only way to "learn" is to grow and connect neurons. Growing and connecting neurons takes effort and strengthening those connections takes persistence. It's hard work, but it's worth it!

WHAT DO YOU WANT TO BECOME BETTER AT? WHAT CAN YOU DO ABOUT IT?

It's important to be aware of ourselves as learners. Identifying where we are in the learning process and making a plan to improve is empowering. Actively discussing goals and strategies for reaching them builds agency.

DID YOU DO ANYTHING TODAY THAT WAS EASY FOR YOU? HOW CAN YOU CHALLENGE YOURSELF NEXT TIME?

EASY IS BORING!
It's OK to feel good when something is easy, but doing easy things over and over will not grow more neurons and make us smarter. When something becomes easy, it's a signal for us to find a new challenge so that we can keep growing!

I CAN'T DO THIS... "YET"

HOW DID YOU USE YOUR POWER OF "YET" TODAY?

Humans have unknowns and unlimited potential. Science has proven that skills and intelligence can be developed. Lifelong learners use their power of "YET". Adding "YET" to an "I can't" statement reminds us that learning and growing is a choice.

#MINEOLAGROWS

visit www.mineolagrows.com/parents for additional resources