

## PARENT TIPS: GROWTH MINDSET AT HOME

### WHY IS WELLBEING IMPORTANT?

Wellbeing is about feeling good and doing good. Research shows that children who are more fulfilled, learn better and achieve more. These resources are to help families support their children's wellbeing and build on the foundations that have been taught at school.

### THE SCIENCE BEHIND A GROWTH MINDSET

A growth mindset is having the belief that intelligence and abilities can be grown by sustaining effort, embracing challenges and trying new strategies. The opposite is a fixed mindset which is a belief that we are born with certain abilities and we can't do much to change them. Research shows that parents have a big influence on helping foster a growth mindset in their children.

Children who have a growth mindset:

Show  
greater  
motivation

Achieve  
better  
academically

Are more  
resilient in  
the face of  
setbacks

Are more  
likely to  
achieve their  
goals

The Oxford Education team have worked with an expert in the field, **Adrian Bethune**, to produce this parental toolkit. Adrian is a teacher, writer and the founder of [www.teachappy.co.uk](http://www.teachappy.co.uk). He is the lead author of the Oxford International Curriculum for Wellbeing.

## FOR PARENTS

### WHAT CAN YOU DO TO FOSTER A GROWTH MINDSET AT HOME?

Parents are very influential in determining their children's mindsets, so try these ideas to foster a growth mindset.

- **Model it** – Show your children that you challenge yourself and learn from your mistakes. Share stories of when you try to do difficult things and what you do to overcome your obstacles.
- **Praise the process** – Praising children for their intelligence (for example, “You’re so clever!”) has been shown to foster a fixed mindset. Instead, praise the process your child goes through to accomplish things. Praise their effort, determination and resilience. For example, “I’m so impressed that when you got stuck on that maths problem, you tried a different strategy and didn’t give up!”
- **Set challenges** – Set meaningful challenges for your children such as things they want to do but can’t do yet, and give them your support and encouragement to achieve them.

## FOR KIDS

### FIVE ACTIVITIES TO BE MORE ACTIVE

Try out these ideas at home to help you develop a growth mindset.

1. **The power of yet** – if you are struggling to learn or do something, say “I can’t do this...yet!” Using ‘yet’ means you know you have the potential to master that skill but it’s going to take more time and practise.
2. **Role model** – think about someone who you really admire and who is successful in your eyes. Then research their life and find the examples of when they failed. What can you learn from them?
3. **Set a goal** – think of something you really want to learn that you can’t do at the moment. Write down three steps you can take to help you achieving your goal. Then take the first step!

## PARENT TIPS: PHYSICAL ACTIVITY

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### THE SCIENCE BEHIND PHYSICAL ACTIVITY

Physical activity is one of the best ways to look after our physical and mental health. It is recommended that young people get **at least** 60 minutes of physical activity every day.

Young people who are physically active have:

stronger  
muscles and  
bones

more control  
over stress  
levels

stronger  
immune  
systems

better  
concentration  
and tend to  
do better in  
school

Are more  
likely to  
achieve their  
goals

## FOR PARENTS

### WHAT CAN YOU DO TO HELP YOUR CHILD GET ACTIVE?

Young people who have parents who are active are 50% more likely to be physically active themselves, so it is important families get moving together. Why not try some of these ideas to see if they work for you and your family:

- Let your children walk, cycle or scoot to school at least three times a week
- Go on a family bike ride at the weekends
- Play sports or go swimming with your children
- Encourage your children to play sports in and outside of school
- Use the car less and walk to more places together

## FOR KIDS

### FIVE ACTIVITIES TO BE MORE ACTIVE

Did you know that physical activity helps our brains grow and lowers our stress levels? Try these five physical activity ideas and see if they have an impact on your learning, stress levels and wellbeing:

1. **Move when stressed** – whenever you feel stressed, do something active. By walking, running, jumping, or doing any type of movement, it uses up the stress hormones and lowers your stress levels.
2. **Move before studying** – when we do physical activity, our hearts pump blood, oxygen and glucose up to our brains which makes us more alert, more able to remember things and better learners. So, before you need to work or study, move your body!
3. **Walk and cycle to school more** – can you walk or cycle to school this week? Or get out the car or bus further away and walk the rest of the journey? The physical activity will wake your brains up ready to learn and you'll get fitter and healthier in the process.
4. **Active TV challenge** – Sitting down for long periods of time is really bad for our health. So, every time you watch one programme can you do two minutes of high intensity physical activity? Try and move your body every hour.
5. **Get a fitness app** – you can download a fitness app (for free) for your phone and monitor your physical activity. Set yourself a challenge of averaging 8,000 –10,000 steps a day!

## PARENT TIPS: POSITIVE EMOTIONS

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### THE SCIENCE BEHIND POSITIVE EMOTIONS

Positive emotions are ones that feel good and that we enjoy when we experience them. The top 5 positive emotions that people enjoy most often are: love, joy, amusement, gratitude, and hope. Research shows that when people experience positive emotions regularly, they tend to be happier, more fulfilled and more successful.

People who experience positive emotions regularly:



## FOR PARENTS

### WHAT CAN YOU DO AT HOME TO FOSTER MORE POSITIVE EMOTIONS?

Families that enjoy experiencing positive emotions together are happier and enjoy closer relationships. This doesn't mean families should expect or try to only experience these emotions (it is normal for families to have disagreements and experience negative emotions too) but these ideas should help your family:

- **Keep it positive** – research shows the strongest relationships have 5 positive interactions for each negative one.
- **Have a laugh** – watch a funny film with your children and laugh with them.
- **Treat your family** – special experiences like a theatre trip, a meal out or a family holiday can help families experience positive emotions.
- **Express your love** – regularly let your children know that you care about them and want the best for them.

## FOR KIDS

### TRY THESE FIVE IDEAS TO HELP YOU EXPERIENCE A RANGE OF POSITIVE EMOTIONS.

1. **Amusement** – in between studying, give a good friend a call and make each other laugh.
2. **Calm** – find time in your day to do a short mindfulness practice. Pausing to notice how you're feeling and then focus on your breathing for a few minutes can help you experience more calm.
3. **Gratitude** – it can be easy to take our friends and family for granted, so regularly tell them how much you appreciate them and the things they do for you.
4. **Inspiration** – watch an inspiring TED talk ([www.ted.com](http://www.ted.com)) about a topic you're interested in.
5. **Fun** – play sports, paint, sing, create stuff. Make time to do the things you enjoy doing the most.