Chippewa Valley Promotes a Growth Mindset

<table>
<thead>
<tr>
<th>Fixed Mindset</th>
<th>Growth Mindset</th>
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<tbody>
<tr>
<td>The belief that we are born with a fixed amount of intelligence and ability. People operating in a fixed mindset are prone to avoiding challenges and failures.</td>
<td>The belief that with practice, perseverance, and effort, people have limitless potential to learn and grow. People operating in the growth mindset tackle challenges unconcerned about making mistakes.</td>
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</tbody>
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- Based on the research of Carol Dweck.

Below are some phrases that you could use to encourage a Growth Mindset with your Kindergarten student:

**You cannot do this yet.**

**All things are difficult before they are easy.**

**Every mistake you make is progress.**

**Mistakes help us learn.**

**Believe in yourself.**

**Never give up.**

**It’s okay to not know, but it’s not okay to not try.**