MATH + GROWTH MINDSET = I CAN!

I can CHANGE my MINDSET with my WORDS!

INSTEAD OF:	I CAN SAY:
I am not good at math.	I'm going to train my brain in math.
I can't do this problem.	I can ask for help.
I give up.	I need to go back and use a different strategy.
I won't try because I might fail.	If I fail I can try again!
Math is too hard.	Math helps me stretch and grow my brain.
I am not as smart as my friend.	I can learn from others and ask for help.
I keep making mistakes.	Mistakes are opportunities to grow my brain.
It's good enough.	Is this really my best work?
I'm already good at math.	I can challenge myself with a more difficult problem.

5 POWERFUL WAYS *to help kids develop a* GROWTH MINDSET *in* MATHEMATICS

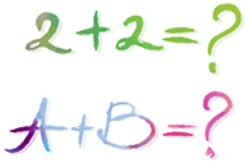
1 Teach kids about brain's ability to grow

- For younger children, show fun YouTube videos like the *Neuron Song* to teach them about neuroplasticity.
- For older children, show them a brief clip from the BBC documentary *'The Human Body'*.
- Take your kids or students through a free online course from Jo Boaler of Stanford University.
- Have your children or students create their own Brain Poster (included in Big Life Journal's *Growth Mindset Printables Kit*)

2 Model and praise mistakes as opportunities for brain growth

- Show your kids you make mistakes too, and it's a good thing.
- Analyze mistakes together to see what and how we learn from them.
- Read together *Mistakes That Worked* by Charlotte Foltz Jones.
- Create a mistake-welcoming home or classroom by decorating with inspiring posters and graphics.
- Have your child read the Mistakes Poem and display it someplace they can see it often (included in Big Life Journal's *Growth Mindset Printables Kit*).

3 Provide rich, open-ended math tasks



- Try out a variety of tasks from *YouCubed.org* with your kids. These tasks are designed to spark a deeper love of math.
- Take traditional, closed problems and turn them into rich challenges. Ask questions like, "Can you solve this two different ways?"
- Use another engaging challenge from Boaler, the "four 4's" task. This challenge asks you to find all the numbers from 1-20 using 4 fours and any mathematical operation.
- Challenge kids to create their own problem. Ask them to write a new similar question, but more difficult.

4 Remove an emphasis on speed

- Teach kids that the strategies they use are more important than the final answer.
- Assign fewer problems and make sure kids justify their answers or look for multiple solutions.
- Replace a set of practice problems with reflective questions such as, "What was a big idea we learned about today?"
- Use the growth mindset conversation starters to talk through their process and efforts (included in Big Life Journal's *Growth Mindset Printables Kit*).

5 Be mindful of your own attitude towards math

- Continue to learn about growth mindset and be an example to your kids as you show them how to persevere.
- Learn new strategies together. Have fun discussing big ideas by spending quality time together and engaging in meaningful math learning at the same time!
- Complete the free course from Jo Boaler yourself.
- Follow the free 4-week guide on How To Teach Growth Mindset to Kids (available on biglifejournal.com), it provides specific examples on how to model growth mindset and teach it to your children.