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## Growth Mindset Activities for the Start of the School Year



### KINDNESS WEEK CHALLENGE

Kindness goes a long way, but how far can a week of kindness go? This is one of those growth mindset activities that teaches children the value of being kind to others. As school starts, pick one week for your children to participate in one act of kindness a day, like opening the door for another student, inviting someone new to sit with them at lunch or sharing their favorite book or toy with another student. Have your kids keep a journal of the kind acts they engage in each day, why they chose the act, what the results were, and how it made them feel.

### Read Mindset Books

Reading is a great way to illustrate the difference between a growth mindset and a fixed mindset. Introducing this concept to children at an early age, kids tend to recognize the mindset of their favorite storybook characters. Children's books present excellent opportunities to see both fixed and growth mindsets in action. Our children's book, Guion The Lion, showcases two different mindsets through the characters Guion and Rae.

### TRY NEW THINGS

We all have that tiny voice in our head telling us negative things. Encourage your kids to spend a few minutes brainstorming the negative thoughts that they experience then practice flipping those around into a positive thought. This is a great introductory exercise that gets children familiar with the language of growth mindset. This creates simple connections to how to change how we speak to improve how we feel about ourselves.

### TURN NEGATIVE INTO POSITIVE

Courage takes practice. Making mistakes is the best way to learn and grow. Allow your children to mess up, make mistakes, and fail, but be there to compliment their effort, point out what they can learn from the failure, and encourage them to try again. In doing so, this will nurture their confidence and motivate them to keep trying. Get out of your comfort zone and try new things together!