

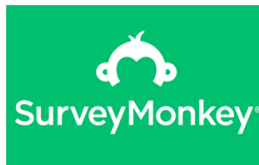


Parent to Parent
Back from Lockdown
Toolkit



A collection of Ideas & Strategies
to support parents and young people
to get back to School After Lockdown

Growth Mindset



In response to our successful 'Returning to School After Lockdown' survey which was sent out to Young People and their families, we have sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

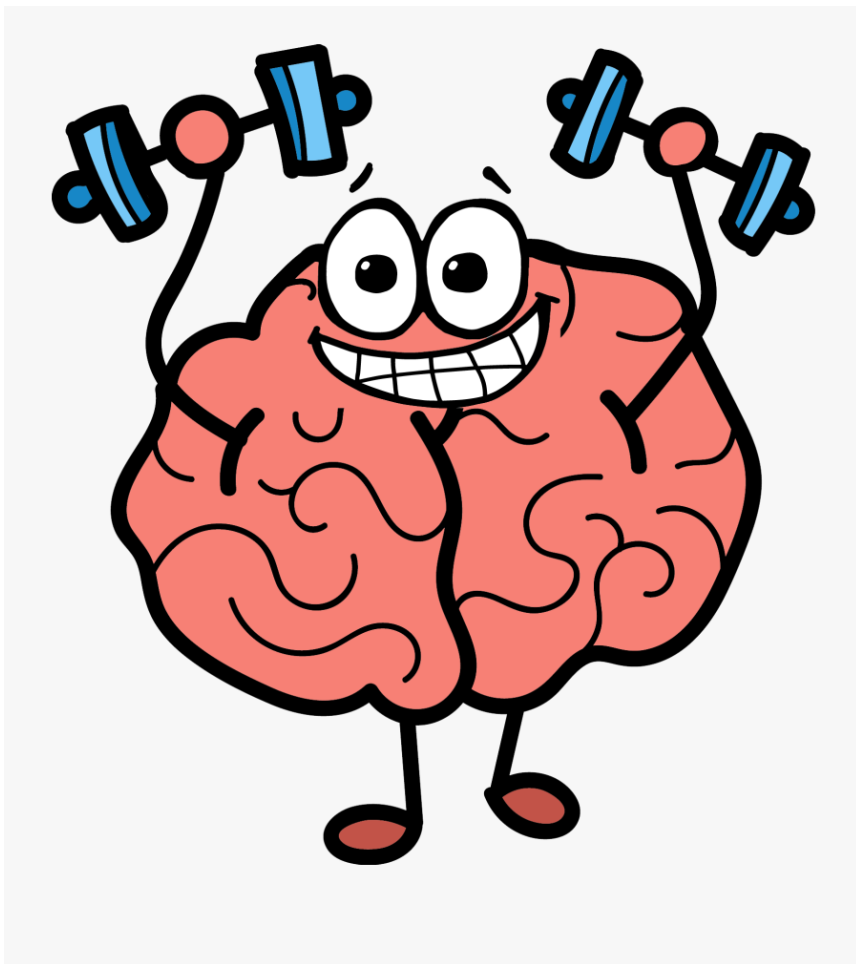
All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'. Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school.



Growth Mindset

A growth mindset is believing in the power of yourself
and your brain!

Practice telling yourself that you CAN achieve anything!





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GROWTH MINDSET

STATEMENTS AND AFFIRMATIONS

by Big Life Journal

1. Mistakes help me learn and grow
2. I haven't figured it out YET
3. I am on the right track
4. I can do hard things
5. This might take time and effort
6. I stick with things and don't give up easily
7. I strive for progress, not perfection
8. I go after my dreams
9. I cheer myself up when it gets hard
10. I am a problem solver
11. I try new things
12. I embrace new challenges
13. Learning is my superpower
14. I am brave enough to try
15. I improve with lots of practice
16. I grow my brain by learning hard things
17. I try different strategies
18. When I don't succeed right away, I try again
19. I ask for help when I need it
20. I learn from my mistakes
21. I focus on my own results
22. I was born to learn
23. When I fail, I say "I can't do it YET" and try again
24. I strive to do my best
25. I can learn anything!

Big Life Journal - biglifejournal.com



Growth Mindset Questions

to ask your kids at the dinner table



1. What did you do today that made you think hard?
2. What challenge or problem have you worked on today?
3. Can you think of something new you tried today? What was it?
4. Was there anything that made you feel stuck today?... Great! What other ways might be there to solve this?
5. What did you learn today outside of school?
6. Can you think of a mistake you made today? ... Great! How can you use this mistake to do better next time?
7. Is there anything you are struggling with? ... Excellent! What new strategies can you try next?
8. Can you think of something you could have done better today?... Great! Who can you seek feedback from to make it better?
9. What would you like to become better at?
10. Did you do anything today that was easy for you? ... How can you make this more challenging for you?

I have a **GROWTH**
MINDSET.

I am in charge of how smart I am because

I can **GROW** my **BRAIN**

like a muscle by learning hard things.

I can achieve

ANYTHING

with **EFFORT** and

RIGHT STRATEGIES.

And when I fail or make a mistake,

it is a **GREAT** thing, because

I can **LEARN** from them and

I GET BETTER!

Big Life Journal

www.biglifejournal.com

PDF

I can

I can _____

I can _____

I can _____

.....

I can't _____

Yet!



It's hard, I don't know if I can do this.

New challenges make me stronger.

I am afraid I will make a mistake, so I won't try.

Even if I make a mistake, I will learn and get better.

I can try different ways to find a solution.

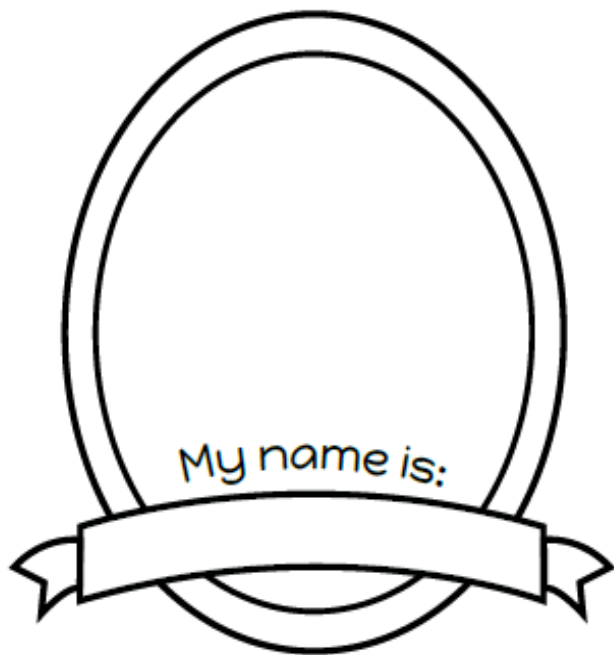


GROWTH MINDSET



FIXED MINDSET

My Mindset Matters!



Something that is pretty easy for me is...

Something that takes a lot of hard work from me is...

Something that I think I need more practice on is...

Something new that I would like to try is...

Three things that make me awesome are...

My Action Plan



What I've learnt or found useful?

What I'm going to do next?

Who I can ask to help me!