



**Flourishing Young Minds Presents**

# **A MINDSET TOOLKIT**

**A free guide of tools and resources  
for educators.**

**[www.flourishingyoungminds.com.au](http://www.flourishingyoungminds.com.au)**

# Hello and welcome

This resource has been created for the Flourishing Young Minds program to assist educators to foster children's growth mindsets.

I would like to thank those who have contributed to the growing body of knowledge to support educators in this area. Thank you for supporting your students to flourish in learning.

Dr Fiona Boylan



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# **WHAT ARE MINDSETS?**

**Mindsets are your beliefs about your intelligence, talents and abilities. We are not born with a certain mindset. We develop our mindset through our experiences, including the messages we receive from others.**

**You can have a fixed or growth mindset. We all have both mindsets to varying degrees. You can be fixed or growth mindset oriented for different things at different points in your life.**

**Mindsets play a significant role in motivation, self regulation and achievement. Mindsets also play a significant role in learning. Importantly, mindsets can be changed.**

# WHAT ARE **FIXED** **AND GROWTH** **MINDSETS?**

## **FIXED MINDSET**

- Failure is the limit of my abilities
- I am either good at it or I am not
- I don't like to be challenged
- My abilities can not be changed
- When I'm frustrated I give up
- Feedback and criticism are personal
- I stick to what I know

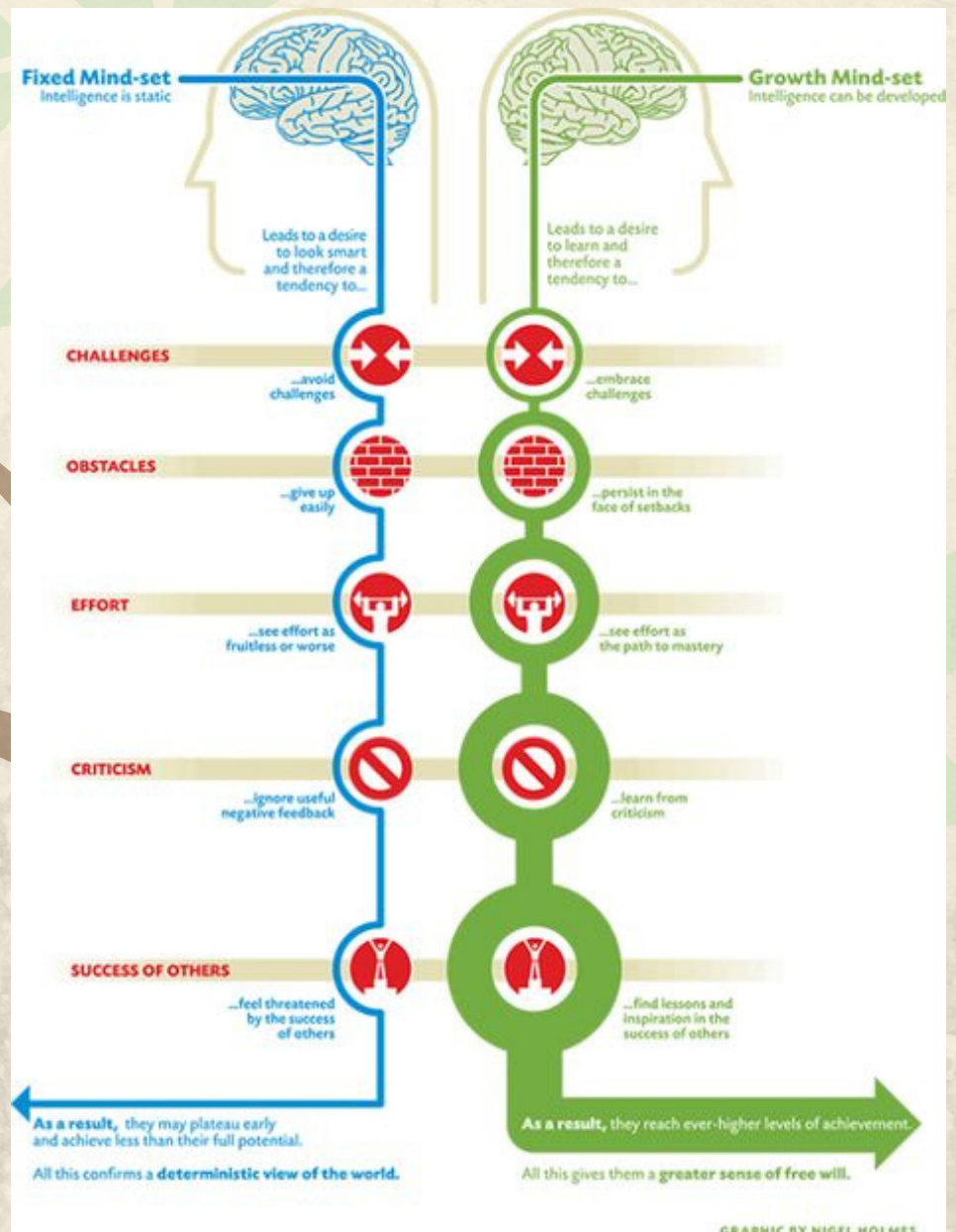
## **GROWTH MINDSET**

- Failure is an opportunity to grow
- I can learn to do anything I want
- Challenges help me to grow
- My effort and attitude determine my abilities
- Feedback helps me to learn
- I like to try new things
- I am inspired by the success of others

# THE MINDSET CONTINUUM

People have different mindsets for different talents and abilities. We sit on a mindset continuum and move between fixed and growth mindsets.

Can you think of something you have a fixed mindset for and a growth mindset for?



# THE EDUCATORS ROLE

Educators have an important role to play in fostering growth mindsets for learning. Students with a growth mindset recognise the power of effort and resilience and are prepared for living and working in the 21st century.

It is important as an educator to know your own mindset as this will affect your response to children's failure and success.

[Click the link here  
to find out your  
mindset.](#)



# MINDSET STRATEGIES

Here are some simple strategies you can get started with.

- Consider the language you use and **praise for effort** not natural talent.
- Develop your knowledge of mindset theory.
- Notice when your students use fixed mindset self talk and remind them of growth mindset self talk.
- Scaffold learning so it is challenging but achievable.
- Set learning goals with students.

To find out more about how you can foster students growth mindsets sign up for the Mindset Matters online course offered on the Flourishing Young Minds website.



# **MINDSET RESOURCES**

Mindset works: [www.mindsetworks.com.au](http://www.mindsetworks.com.au)

PERTS: [www.mindsetkit.com.au](http://www.mindsetkit.com.au)

Reachout: [www.reachout.com](http://www.reachout.com)

Carol Dwecks book: Mindset: The psychology of success

Khan academy:

<https://www.khanacademy.org/college-careers-more/learnstorm-growth-mindset-activities-us>

# **MINDSET RESOURCES**

## **Videos**

**Class Dojo <https://ideas.classdojo.com/b/growth-mindset>**

**Ned the neuron - search on Youtube**

**The power of yet: <https://www.youtube.com/watch?v=XLeUvZvuvAs>**

**LearnStorm The human body:  
<https://www.youtube.com/watch?v=rf8FX2sI3gU>**

**Developing a growth mindset  
<https://www.youtube.com/watch?v=rUJkbWNnNy4>**

**The power of yet with Gromo and friends  
<https://www.youtube.com/watch?v=Mjw0EpPHLIE>**

# **MINDSET RESOURCES**

## **Books for young children**

- **Beautiful Oops by Barney Saltzberg**
- **Nobodys Perfect by Ellen Flanagan Burns**
- **A Perfectly Messed Up Story by Patrick McDonnell**
- **My Strong Mind by Niels Van Hove**
- **Everyone Can Learn to Ride a Bicycle by Chris Paschka**
- **Your Fantastic Elastic Brain by JoAnn Deak**
- **All the Ways to be Smart by Davina Bell & Allison Colpoys**
- **The Girl Who Never Made a Mistake by Mark Pett & Gary Rubinstein**
- **The Day the Crayons Quit by Drew Daywalt**
- **Dear You Love From Your Brain by Karen Young**

# GROWTH OR FIXED MINDSET WORKSHEET

	<b>Tick the correct column then self-assess your mindset</b>	<b>GROWTH MINDSET</b>	<b>FIXED MINDSET</b>
1.	I'm not good at this		
2.	I love challenges		
3.	I don't like it when I make mistakes		
4.	This is too difficult		
5.	Practise makes perfect		
6.	I want to try again		
7.	When I get frustrated, I persevere		
8.	I can always improve, so I'll keep trying		
9.	When I fail, I learn		
10.	I'll never be as smart as her		