



# Chippewa Valley Promotes a Growth Mindset

Fixed Mindset	Growth Mindset
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.	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.

- *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.