

Growth Mindset Praise & Feedback

SAY THIS	NOT THAT
<p>"I can see you worked so hard on this!"</p> <p>Say this because it helps your children understand you value their effort.</p>	<p>"You are so smart!"</p> <p>Do not say this because it makes them think of intelligence as a fixed quality.</p>
<p>"It seems like it's time to try a new strategy."</p> <p>Say this because it lets your children know that they control outcomes by making choices.</p>	<p>"It's okay. Maybe you're just not cut out for this!"</p> <p>Do not say this because it makes your children think they don't have the capacity to improve.</p>
<p>"I like watching you do that."</p> <p>Say this because it conveys a message of approval of an activity they enjoy doing, regardless of outcome.</p>	<p>"You're a natural at that!"</p> <p>Do not say this because the next time your children fail or make a mistake, they might think they do not have that talent after all.</p>
<p>"It looks like that was too easy for you. Let's find you something challenging so your brain can grow."</p> <p>Say this because it teaches kids that learning should be challenging, and if tasks are too easy then your brain isn't growing.</p>	<p>"That's right! You did that so quickly and easily; great job!"</p> <p>Do not say this because praising tasks completed without much effort paints effort in a negative light and encourages a fixed mindset.</p>
<p>"That's not right. You don't understand this yet. What strategies can you try to understand it better?"</p> <p>Say this because it's important to be honest about what your child knows and doesn't know, but also explain that you believe in their capacity to improve.</p>	<p>"That's not right. Are you paying attention in class? It seems like you're not even trying."</p> <p>Do not say this because the fight or flight response may be preventing your child from giving their best effort in class.</p>
<p>"That was really hard. Your effort has paid off! Next time you'll be ready for this kind of challenge!"</p> <p>Say this because reminding children of how they were able to overcome challenges by putting forth a lot of effort cultivates a growth mindset.</p>	<p>"That was really hard. I'm so glad it's over and you don't have to do that again."</p> <p>Do not say this because there will always be more challenges, and children should feel that they have the tools for what comes next.</p>