

# A GROWTH MINDSET

Change your words – change your mindset!

instead of...

This is  
too hard

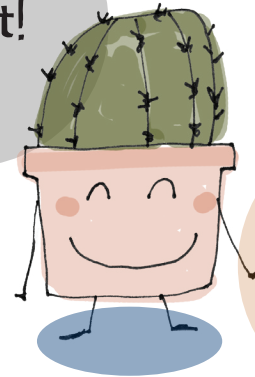


tell yourself...

I can do  
hard things

instead of...

I quit!



tell yourself...

I won't  
give up!

instead of...

I'm not  
smart  
enough

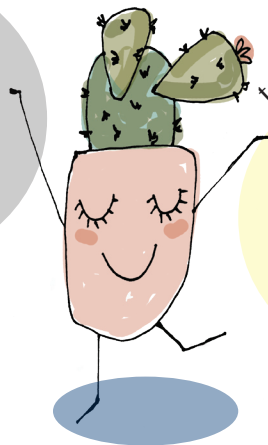


tell yourself...

I'm getting  
smarter  
everyday

instead of...

That was  
a dumb  
mistake

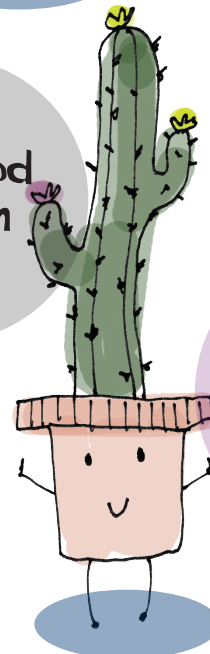


tell yourself...

Mistakes  
help me  
grow

instead of...

It's good  
enough



tell yourself...

I want to  
do my best  
work

instead of...

I don't  
care



tell yourself...

I want to  
learn



July 2022

Dear Parents and Caregivers,

This summer, in addition to teaching your child literacy strategies, we are also teaching them about growth mindset.

A **growth mindset** is believing that your brain can grow and learn many new things whereas a **fixed mindset** is believing that you cannot learn new things. Having a growth mindset is essential for learning success. Research tells us that a growth mindset empowers us to handle challenges, especially when learning new things. When children understand that their brains can grow and get smarter, they are more confident and can push through the fear of failure.

We will be teaching your child growth mindset strategies such as reframing negative thoughts, mindfulness and learning from mistakes. The poster on the other side of this letter is an example of what your child will learn in our program.

**Please put this poster on your fridge as a reminder to gently help your child practice reframing their negative thoughts around learning.**

Our tutors have been given high quality growth mindset resources and books to use with your child this year thanks to funding from the *PEI Alliance for Mental Well-Being*. Their funding also allowed us to create this beautiful poster designed by a local artist.

While your child is with one of our tutors, they will be in a fun, safe and positive environment where they will learn and practice literacy and growth mindset strategies. Our hope is that your child takes these strategies with them into the classroom in the fall.

Please visit our website to learn more [www.peiliteracy.ca](http://www.peiliteracy.ca)

Thank you,

A handwritten signature in black ink that reads "Jinny Greaves". The signature is written in a cursive, flowing style.

Jinny Greaves

Executive Director, PEI Literacy Alliance