



INNER GAME ACADEMY



UNDERSTANDING MODULE 2: GROWTH MINDSET

YOUR CHILD IS LEARNING ABOUT “GROWTH MINDSET” – THE BELIEF THAT ABILITIES CAN BE DEVELOPED THROUGH EFFORT AND PRACTICE, RATHER THAN BEING FIXED TRAITS. THIS IS CRUCIAL FOR HANDLING MISTAKES AND CHALLENGES POSITIVELY.

HOW TO SUPPORT AT HOME

- **Use process praise:** "I love how hard you worked on that" instead of "You're so talented"
- **Model growth mindset:** Share your own learning struggles and how you overcame them
- **Normalize mistakes:** "Mistakes help our brain grow stronger"
- **Use "yet" language:** "You haven't mastered that skill yet"
- **Ask growth questions:** "What did you learn from that experience?"

LANGUAGE SHIFTS TO PRACTICE

- Instead of: "You're so smart" → Say: "You really thought hard about that"
- Instead of: "You're a natural athlete" → Say: "Your practice is really paying off"
- Instead of: "Don't worry, you'll get it" → Say: "What can we try differently next time?"

WHAT NOT TO DO

- Avoid "talent" language that suggests abilities are fixed
- Don't dismiss struggles with "you're fine" - acknowledge the challenge
- Avoid comparisons to siblings or other kids
- Don't use growth mindset as pressure: "You should have a growth mindset about this"

