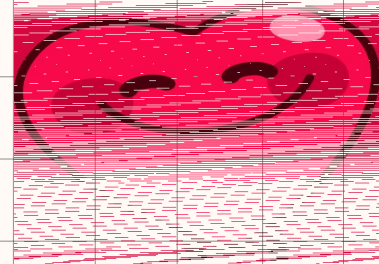
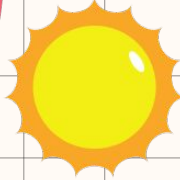




# PARENT WORKSHOP

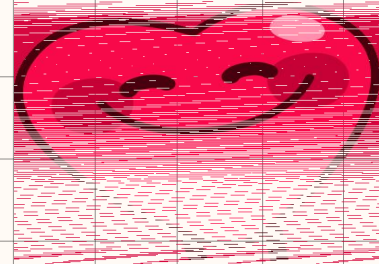
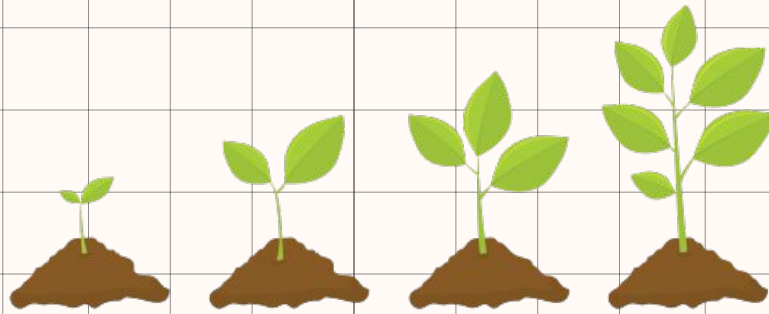
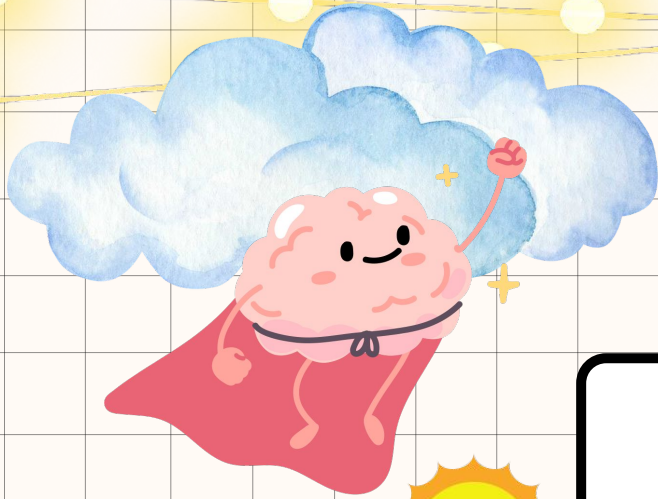
## FOSTERING A GROWTH MINDSET



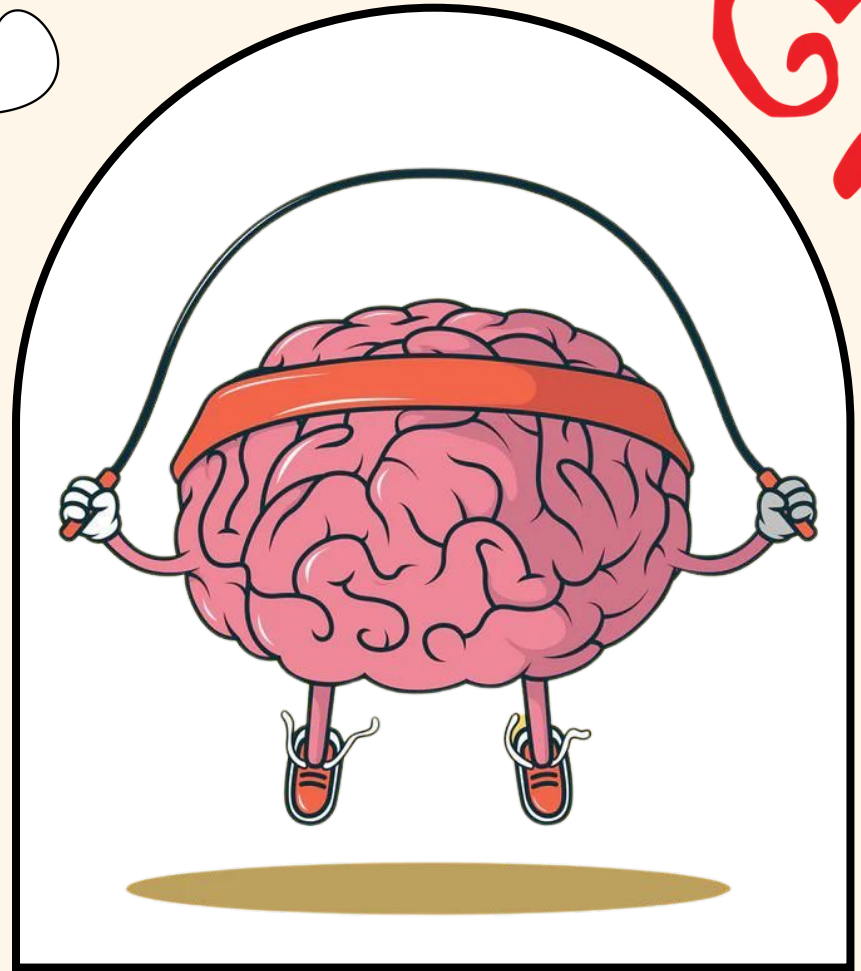
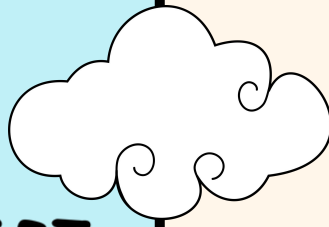


# TALLER PARA PADRES

## FOMENTAR UNA MENTALIDAD DE CRECIMIENTO



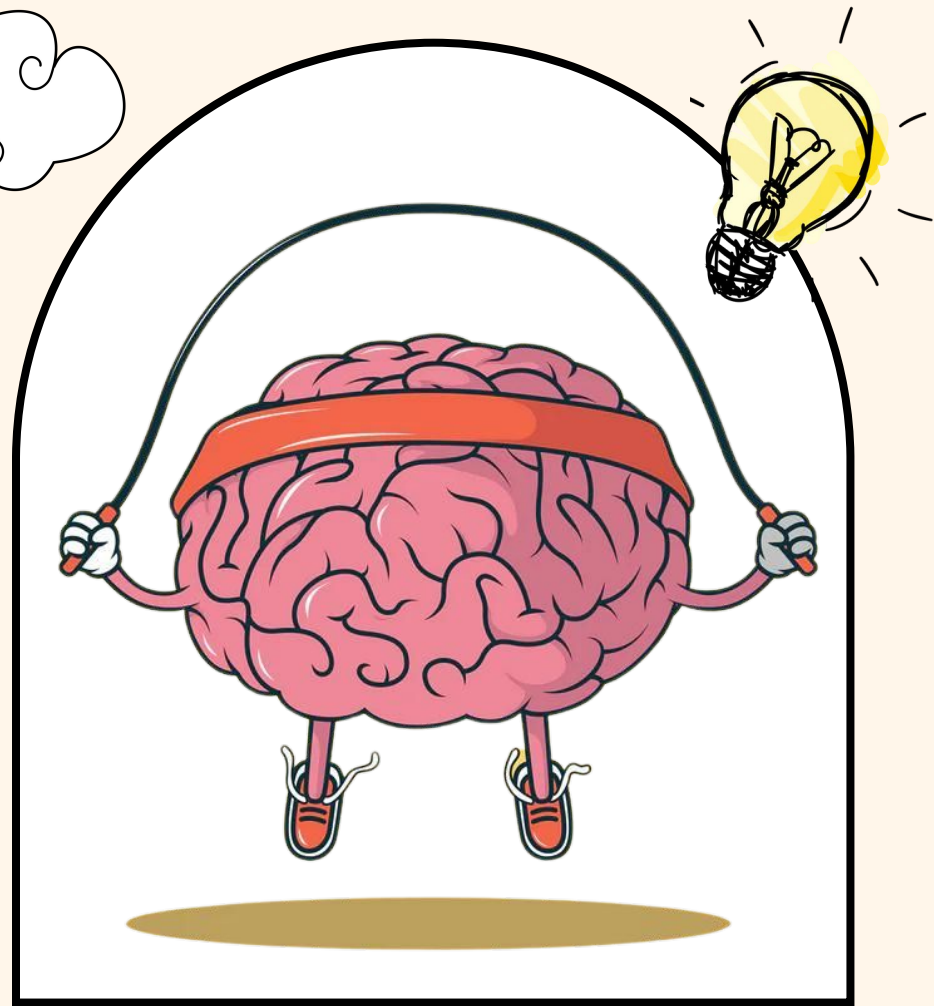
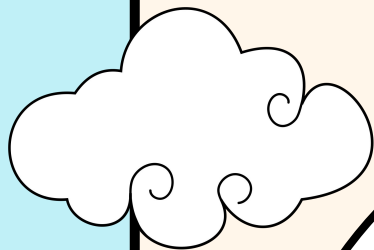
GROWTH MINDSET  
& Ready to  
Try Again



# Desarrollar una mentalidad de crecimiento

Y

Listos para intentar  
de nuevo





Parent Engagement for Active Child Enrichment  
501(c)(3) Nonprofit Organization

**Padmaja Sarathy**

President of (PEACE)

Author & Educational Consultant

**Victoria Guzman, MSCP**

Counseling Psychologist



[www.peacenurtureskids.org](http://www.peacenurtureskids.org)



[pps4peace@yahoo.com](mailto:pps4peace@yahoo.com)



PEACE Youtube Channel



PEACE Facebook Page



@peace.nurtureskids



PEACE Twitter Page





Parent Engagement for Active Child Enrichment  
501(c)(3) Nonprofit Organization

## Mission

The Mission of PEACE is to enable economically disadvantaged and marginalized families to actively engage with their children to prepare them for school and life success.

La misión de PEACE es permitir que las familias económicamente desfavorecidas y marginadas participen activamente con sus hijos para prepararlos para el éxito escolar y en la vida.



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# Fostering a Growth Mindset



P.E.A.C.E

Parent Engagement for Active Child Enrichment

Presented by: Victoria Guzman, MSCP, LPC

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# **PARENT ENGAGEMENT for ACTIVE CHILD ENRICHMENT**

## **The PEACE Mission:**

**To Enable and Empower Families to Actively Engage with their  
Children to Enrich their Growing Minds for Academic, School  
and Life Success**

**[Website: http://peacenurtureskids.org/](http://peacenurtureskids.org/)**

**Email: [pps4peace@yahoo.com](mailto:pps4peace@yahoo.com)**

**Telephone: 832-415-3088**

**Facebook:**

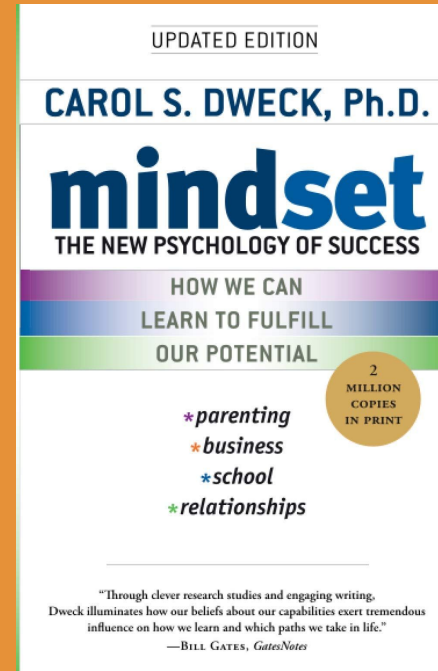
**[https://www.facebook.com/peacenurtureskids.org?ref=hl&ref\\_type=book  
mark](https://www.facebook.com/peacenurtureskids.org?ref=hl&ref_type=bookmark)**

**Instagram: [@peace.nurtureskids](https://www.instagram.com/peace.nurtureskids)**



# Overview & Purpose

**A GUIDE ON THE BASICS OF GROWTH  
MINDSET AND HOW TO HELP YOUR  
CHILDREN DEVELOP A STRONG SENSE  
OF SELF,**



**DR. CAROL DWECK -  
AMERICAN PSYCHOLOGIST  
AT STANFORD UNIVERSITY.  
WORK IS ON MOTIVATION  
AND MINDSET**



# Growth Mindset

**Describes a mindset in which people believe that their success depends on time and effort. Intelligence and skills can be improved with persistence and constant effort.**

→ **Growth Mindset**

Focusing on progress, not perfection. Growth mindset is the idea that you can improve anything with the love of learning. The goal is to understand that effort matters more than perceived limits.

→ **Fixed Mindset**

Seeing traits as something that cannot be changed. Ex. "I'm just not good at \_\_\_\_\_" The belief that someone is born with a skill or they are not.

# MY GROWTH MINDSET STATEMENTS

I can CHANGE my MINDSET with my WORDS!



## INSTEAD OF:

- I am not good at this.
- I am great at this.
- This is too hard.
- This is too easy.
- I am afraid I will make a mistake.
- I give up.
- I can't do this.
- This is good enough.
- I won't try because I might fail.
- I am not as smart as my friend.

## I CAN SAY:

- I am not good at this YET, but I will learn.
- I practiced and learned how to do this.
- This will require effort and finding the right strategy.
- How can I make this more challenging?
- When I make a mistake, I will learn from it and get better.
- I will succeed if I put forth effort and find a better strategy.
- I need some feedback and help from others.
- Is it my best work? Can I improve it?
- If I fail I can try again until I succeed!
- I am in charge of how smart I am because I can grow my brain by learning hard things!



# What is motivation?

Why humans either start, continue or stop behaviors

- Help discover passions
- Help set goals
- Encourage independent thinking/curiosity
- Help find their why
- Reward effort vs outcome



## Tip

Help you child find out what they believe their strengths are!

# Neuroplasticity

The brain can change and adapt and grow!

1. Our brains are all about growth, just like our bodies
2. There are as many neurons in the brain as there are stars in the milky way (BILLIONS!)
3. The brain can produce enough electricity to power a light bulb
4. Neural pathways are like bridges
5. Mistakes make the brain grow
6. Once difficult, now second nature

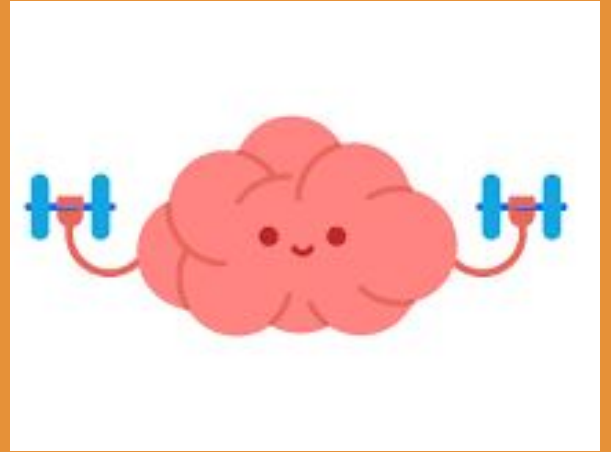
The brain continually reorganizes itself by forming **new neural connections** throughout life.

This phenomenon is known as **neuroplasticity**.



# HOW TO GROW YOUR BRAIN!

1. THE RIGHT FOODS - MEMORY, BRAIN FUNCTION, CONCENTRATION
2. MUSIC BOOSTS LEARNING
3. LAUGHING IMPROVES MEMORY
4. SLEEP HELPS SOLVE PROBLEMS





# SENSE OF SELF

The goal is to help our children develop self awareness, decrease comparison, practice self care, learn about belief systems



## SELF ESTEEM

Your sense of overall worth/value

# POSITIVE AFFIRMATIONS

*to say to your children*

You can do hard things.

You're brave enough to try.

You make me laugh.

I love hearing you talk

You make others smile.

I'm so proud of you.

I believe in you.

You're loved.

Your brain grows stronger everyday.

Learning is your superpower!

You have great ideas.

@kidsplaytricks

# WORDS MATTER.

**WHAT WORDS WE CHOOSE TO USE CAN CHANGE OUR PERCEPTIONS.**

**THE BRAIN LISTENS!**

**POSITIVE AFFIRMATIONS HELP WITH CHALLENGING NEGATIVE THOUGHTS - PROVIDES NEURAL PATHWAYS THAT CREATE HAPPY/POSITIVE EMOTIONS WHICH ALLOW THE BRAIN TO TRY NEW THINGS & CHALLENGE SELF**

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# RESPONDING TO FAILURE

## ENCOURAGING RESILIENCE

**WORK ON PERSPECTIVE**

**PRACTICE SELF COMPASSION**

**GRATEFULNESS FOR OPPORTUNITY**

**RESPECTIVE VULNERABILITY**

**ACKNOWLEDGE STRENGTHS**

**SET GOALS**

**SELF WORTH - WHO WE ARE NOT WHAT WE DO**



**FAILURE IS NOT  
THE OPPOSITE OF  
SUCCESS,  
IT IS PART OF  
SUCCESS**

# WHAT CAN I CONTROL?

MY BEHAVIOR

MY GOALS

MY EFFORT

ASKING FOR HELP

MY BREATHING

MY PERSPECTIVE

HOW I TREAT MYSELF

# WHAT IS OUTSIDE MY CONTROL?

WHAT OTHERS SAY

WHAT OTHERS THINK

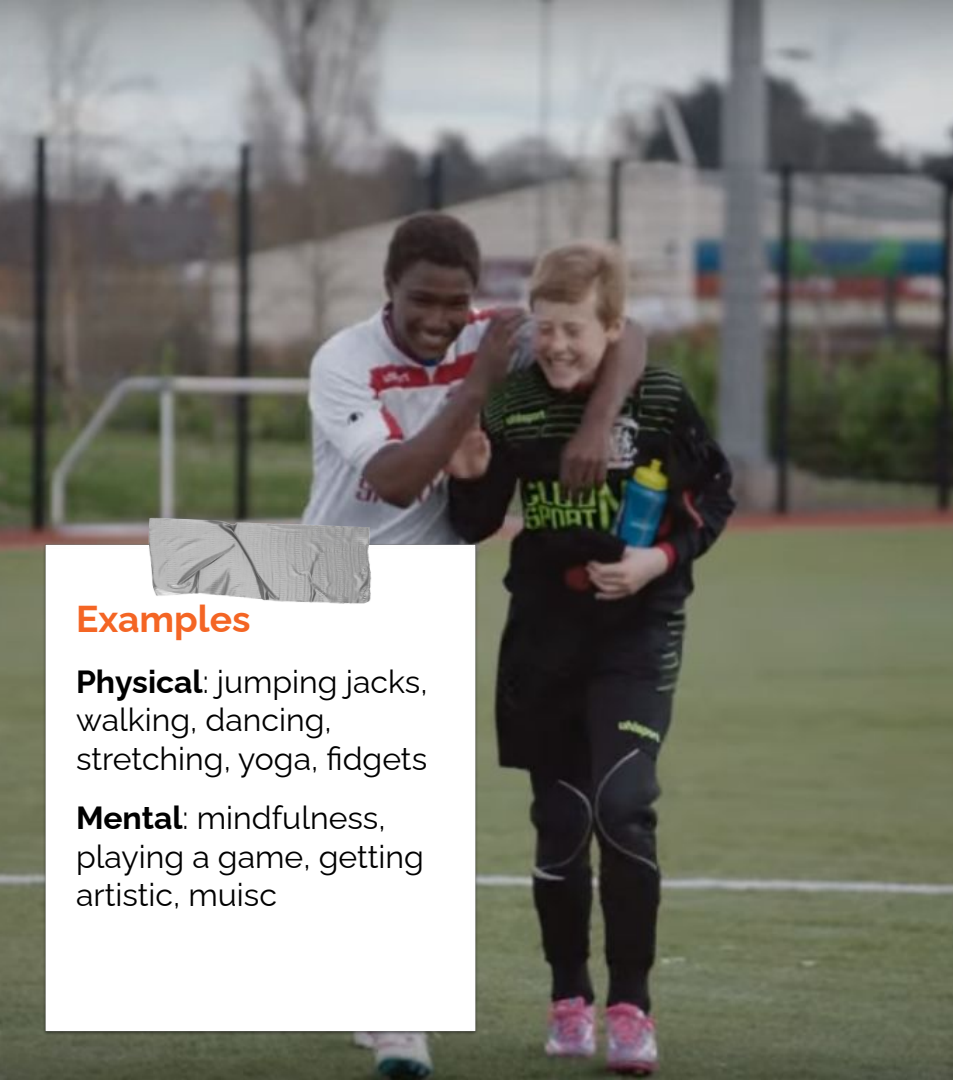
OBLIGATIONS

THE PAST

HOW OTHERS RESPOND

OTHER PEOPLE'S FEELINGS

THE WEATHER



## Examples

**Physical:** jumping jacks, walking, dancing, stretching, yoga, fidgets

**Mental:** mindfulness, playing a game, getting artistic, music

# BRAIN BREAKS

Getting active helps reduce stress, anxiety and frustration

Encourage self regulation & self awareness

Increase attention



# PERFECTIONISM



## TIPS

**ENCOURAGE HIGH STANDARDS, NOT PERFECTION**

**TEACH THE POWER OF YET**

**GIVE EXAMPLES OF IMPERFECTION (CELEBRITIES, YOURSELF, CHARACTERS)**

**RECOGNIZE NEGATIVE THOUGHTS**

**ENCOURAGE FUN**





# The Power of YET

Encourages learning, perseverance, patience

Using the word YET helps children focus on the vision and motivation,  
rather than where they are stuck

- I can't do this ..... YET
- I don't understand this .... YET
- It doesn't make sense .... YET
- I'm not good at this .... YET
- I didn't work .... YET

How to go about:

# CONNECTING GROWTH MINDSET TO EVERYDAY LIFE

BOOKS, MOVIES, SHOWS

Questions to ask:

1. What did you learn from this movie/scene?
  2. What mindset did this character have? Why?
  3. Why did this character make that choice?
  4. What did this character struggle with?
  5. How did this character show their strengths?
  6. What would you do in this situation?
  7. How is the character feeling?
-



# PRAISE

## **BE SPECIFIC & SINCERE**

### **→ DO'S**

**PRAISE PROGRESS, GIVE FEEDBACK ON PERFORMANCE, FOCUS ON THE INDIVIDUAL, HAVE REASONABLE EXPECTATIONS, ENCOURAGE, ASK QUESTIONS, PRAISE GENEROSITY, FORGIVENESS, COURAGE, KINDNESS, APPRECIATION**

### **→ DONT'S**

**PERSON PRAISE (“YOU’RE VERY GOOD AT...”), PRAISE AS A REWARD (THEY WILL LOSE INTEREST), PRAISE THE PROGRESS NOT THE PRODUCT, NOT TOO LITTLE OR TOO MUCH**

# Praise Statements

Great effort!! You must have worked really hard!

You didn't give up when it became hard!

You tried different strategies and you figured out how to solve the problem!

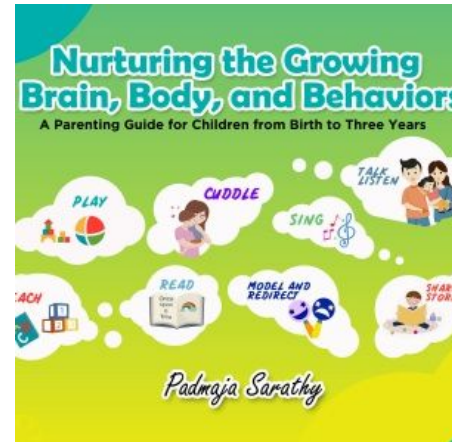


# Questions?

**WE HOPE YOU'LL USE THESE TIPS AND  
INFORMATION TO HELP YOUR CHILDREN  
FEEL EMPOWERED, CAPABLE AND RESILIENT!**

**FOR MORE INFORMATION, PLEASE VISIT:  
[P.E.A.C.E WEBSITE](#)**

**FOR MORE ABOUT  
NURTURING YOUR  
CHILDREN'S  
MINDS, PLEASE  
CHECK OUT  
PEACE'S BOOK!!**





**MRS. GONZALEZ**  
**SCHOOL COUNSELOR**  
**2ND-5TH GRADES**



**MS. CANALES**  
**SCHOOL COUNSELOR**  
**PK 3 - 1ST GRADE**





THANK  
YOU

GRACIAS

