

September 2020

Theme of the Month:
Growth Mindset

and emotional

Help Your Child Build a Growth
Mindset One Day at a Time

MAKE SOCIAL ^ LEARNING STICK **TODAY**



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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Focus on the process, not the outcome.

2 Praise your child for their effort.

3 Teach your child that mistakes are part of learning.

4 Talk about a mistake you learned from.

5 Ask your child how it felt to see the outcome of hard work.

6 Instead of saying "Good job", say, "You worked so hard on that!"

7 Model trying something new today.

8 Talk about something new you learned today.

9 Instead of saying "You are so smart," say, "You have great ideas!"

10 Tell your child that you believe in them.

11 Ask your child to share their opinion or ideas for something you are working on.

12 Talk about the joy of learning something new.

13 Encourage your child to be happy for other's accomplishments.

14 Start a family "idea jar."

15 Teach your child about the brain and how it works.

16 Say "I see how hard you are trying."

17 Encourage collaboration and making a plan together.

18 Talk to your child about what a strategy is and how they can help.

19 Practice calming strategies for when things get harder/stressful.

20 Teach and model positive self-talk such as "I can do this."

21 Set goals and break them into smaller chunks together.

22 Try a new cooking recipe with your child.

23 Brainstorm with your child to come up with a new game.

24 Tell your child a story of how you overcame something.

25 Read stories about characters trying hard at something.

26 Ask your child how to turn a negative situation into a positive.

27 Look up inventions that were born out of a mistake.

28 Brainstorm a new invention together.

29 Keep a journal/record of cool things learned each day.

30 Help your child notice what gets in their way.

