



Growth Mindset @ CHIJ (Katong) Primary

WHAT'S IN THIS ISSUE:

- Our Growth Mindset Mantras
- How can I help my child set effective goals?

I will be the best version of myself, pursuing my own definition of success, with confidence resilience and a Growth Mindset.

Everyone can learn anything, improve and achieve any goal with the effort and the right strategies.

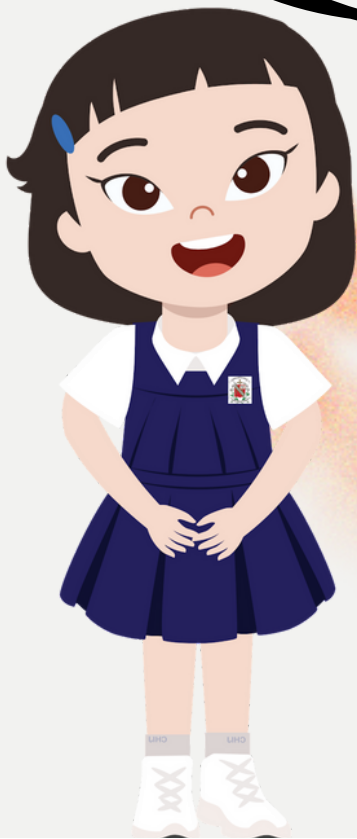
Our Growth Mindset Mantras

Term 1 - I dare to dream

Term 2 - I believe I can

Term 3 - I grow from my mistakes

Term 4 - I am grateful for my past, present and future





*A goal is a dream with
a plan and a deadline*



**Setting goals is a powerful
lifelong habit. It will help me
to take responsibility for my
own behaviour and learning,
to persevere and to believe
in myself.**

*Let your dream be
bigger than your fears...*



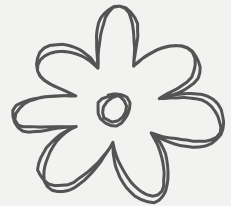
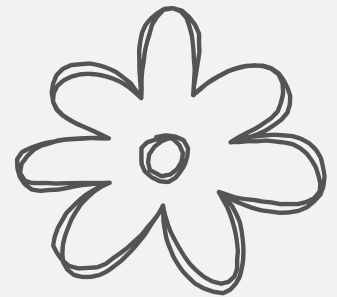


*How can I help my child
set effective goals?*



1. Let her choose her big goal

Help your child consider what she wishes to accomplish for herself. If she is given the autonomy to choose her own goal, she is more likely to be intrinsically motivated to achieve it.



Setting **SMART** Goals

Specific - What do you want to do?

Measurable - How will you know when you've reached it?

Achievable - Is it in your power to accomplish it?

Realistic - Can you realistically achieve it?

Time-bound - When exactly do you want to accomplish it?





2. Discuss the purpose of her goal

Ask your child why she wants to achieve the goal. In order for her to be truly motivated to reach her goal, she must understand the WHY behind it.



3. Break the goal into smaller steps

An effective goal has to be within reach; it's neither too challenging nor too easy. Help your child break her big goal into smaller and more manageable ones so that her motivation is sustained over a longer period of time.

4. Brainstorm potential obstacles

Planning for any potential obstacles will help your child to deal with them in a more positive way.

Use **WOOP**:

Wish - Think about something you wish to achieve

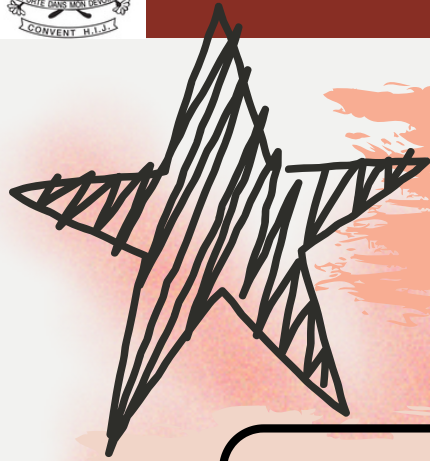
Outcome - Visualise how it would look and feel to achieve this goal

Obstacles - Picture the things that could hold you back from reaching the goal.

Plan - How can you respond to the obstacles?

*It's not Impossible,
It's I'm possible!*





Videos

Scan
here

**Fixed Mindset vs Growth
Mindset**



**How to set goals - 4 easy
steps (for kids)**

The Reflection in Me



You are not your thoughts

